



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LIFT TOGETHER STRONGER TOGETHER

## Teen Lifting Program

This program is a group lifting session led by a certified USA Weightlifting coach. Participants will work on learning proper lifting form while strengthening the body. At the end of each lifting session, the participants will then do either a cardio or core workout. If you are interested in joining, register to reserve your spot for the whole month. These classes are limited to 5 participants.

**Registration Date:** December 28 – January 8

**Session Length:** January 1 - 31

**Cost:** At no cost

### Dates/Time:

Monday - Thursday

3:30pm or 4:15pm

Contact Sarah Knowlton for more information.



SUMTER FAMILY YMCA

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**Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**