



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DRILLS, SKILLS & FUNDAMENTALS



## Basketball Personal Training

Focused training is the key to succeeding on the court. Our basketball coaches will work with players ages 7 - 16, to turn weaknesses into strengths, improve skills, and increase confidence. There are three options for monthly training:  
Register at the member service desk.

4 Days Per Week: \$200 for Members / \$300 for Potential Members

3 Days Per Week: \$175 for Members/ \$262.50 for Potential Members

1 Day Per Week: \$125 for Members / \$187.50 for Potential Members

Contact: Brittany Starling at [bstarling@ymcasumter.org](mailto:bstarling@ymcasumter.org)

Session times and days are arranged with the trainers after registration.



SUMTER FAMILY YMCA 510 Miller Road Sumter, SC 29150  
803-773-1404 [ymcasumter.org](http://ymcasumter.org)

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