



YMCA JUNIOR YOUTH CONDITIONING PROGRAM

Grades 6-8

Dates:(3 week cohort Program, 6 Total Sessions per cohort)

3/8/21 - 3/26/21

3/29/21 - 4/23/21

4/26/21 - 5/14/21

5/17/21- 6/4/21

Session 1: Mondays & Wednesdays 3:30pm-4:30pm

Session 2: Tuesdays & Thursdays 3:30pm-4:30pm

Session 3: Fridays 3:30pm-4:30pm

Price:Free

Contact: Lkhooshabeh@ymcav.org to sign up

Location: Martin Murphy Middle School
141 Avenida Espana, San Jose, CA 95139