

# YOUTH STRENGTH EMPOWERMENT

## STRONG! ONEONTA FAMILY YMCA

Work out like an extreme athlete using battle ropes, slam balls, kid friendly barbells, climbing ropes and more! Kids will become stronger while preparing for our springtime Y Kids Super Scramble Adventure Challenge.

**When**  
Starts March 5

Minis Ages 3-5  
Tuesday 9:30-10:00am

Jr. Athletes Ages 6-12  
Tuesday 4:00-4:45 pm

**Cost**  
FREE with Family Membership Packages  
\$25 to other Memberships  
\$50 Public



CHECK OUT OUR  
MOBILE SITE



@OneontaFamilyYMCA



@oneontaymca



@OneontaY



Oneonta Family YMCA

**REGISTRATION IS REQUIRED! Call our Welcome Center**

**@ 607 432 0010 opt 9**