



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TEEN MENTORING THROUGH FITNESS

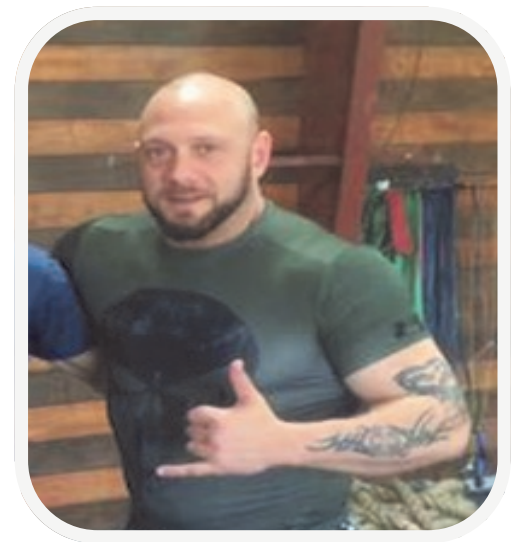


**ONEIDA FAMILY Y  
MULTI PURPOSE ROOM**

**NEW Session!**

Join us for a high intensity interval training (HIIT) program. This program will test the strength, endurance and stamina of each participant. The program is designed for teens of all levels of fitness to work at their own pace and stay in shape in off season sports through the Summer. This is a positive environment only for teens to learn the importance of social skills and character development through fitness!

- AGES:** 13 - 18 years old
- COST:** \$40 Members  
\$60 Non-Members
- WHEN:** Thursday evenings
- TIME:** Ages 13-15: 5-6 PM  
Ages 16-18: 6:15-7:15 PM
- LOCATION:** Oneida Family Y Multi Purpose Room  
701 Seneca Street  
Oneida, NY 13421  
(315) 363-7788



For more information, please contact Gregory Torrey, Director of Youth and Family Services, at 315-363-7788 EXT. 224 or [gtorrey@ymcatrivalley.org](mailto:gtorrey@ymcatrivalley.org)

Session runs: August 15th - September 19th  
Registration runs: July 23rd - August 13th