



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## NEW! YOGA FOR YOUNG ATHLETES

Ages: 8-12

Many professional athletes practice yoga for the physical and mental benefits.

- Perfect for swimmers, soccer players or any young athlete
- Improve flexibility and strength
- Learn how to stretch before practices and competitions
- Learn techniques to manage the stress of competing



Class is led by a Westfield Area YMCA certified yoga instructor who is the mother of two young athletes.



March 1 – April 25  
Saturdays 10:30 AM - 11:15 AM  
Main Y Facility  
\$80 F, \$120 B

Questions? Contact Jean White  
via email at [jwhite@westfieldynj.org](mailto:jwhite@westfieldynj.org)  
or via phone at 908-233-2700x246



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**WESTFIELD AREA YMCA • [www.westfieldynj.org](http://www.westfieldynj.org)**  
**220 Clark Street, Westfield, NJ 07090 • 908-233-2700**  
**Serving Cranford, Garwood, Mountainside and Westfield since 1923.**