



# **KID STRONG FALL PROGRAM**



**YOUTH ATHLETIC/FITNESS TRAINING FOR GRADES K-2  
LOCATED AT 16-22 ROUTE 9W, CONGERS, NY (INDOOR 365)**

**SATURDAYS 10/5-11/23 FROM  
930AM-1030AM**

- STRENGTH TRAINING**
- DIVERSITY OF MOVEMENT**
- IMPROVE COORDINATION AND ATHLETICISM**
- LONG-TERM ATHLETIC DEVELOPMENT**

**\*FIRST CLASS IS FREE\***

**FOR PRICING AND ADDITIONAL INFO CALL (845) 634-4268**

**OR EMAIL [SIVORISTRENGTH@GMAIL.COM](mailto:SIVORISTRENGTH@GMAIL.COM)**

**[WWW.SIVORISTRENGTHSCHOOL.COM](http://WWW.SIVORISTRENGTHSCHOOL.COM)**