



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **SNATCH, CLEAN & JERK! NEW! OLYMPIC LIFTING TRAINING**

**Our NEW Olympic Weight Lifting Training Program will focus on the two contested Olympic lifts: the snatch, and the clean & jerk. We place a heavy emphasis on Olympic weight lifting due to the sport's unique ability to develop an athlete's explosive power, control of external objects, and mastery of critical motor recruitment patterns. We start at the very beginning with the fundamentals and move from there. More advanced athletes will move up in weight faster, while novice lifters will stay with light weight and work on their form.**

**STARTS FEBRUARY 2nd**

**6 Week Session**

**Mondays & Wednesday 6:00-7:00 PM**

**\$60 for Members**

**Must be 18 & sign waiver**



**REGISTER NOW!**

Minimum of 6 participants required.

**TRI-CITIES FAMILY YMCA  
616.842.7051  
WWW.TCFYMCA.ORG**