



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GAIN AN EDGE Basketball Training

THE DOME: A YMCA ACTIVITY CENTER

Would you like to have your son/daughter excel in basketball? Would you like to help them achieve their goals and be better? Get some inside tips from our trainers for basketball. Plan a training today on your time and schedule!

Deadline: Ongoing

Individual Fees:

1 Session	\$30 each
2 to 10 Sessions	\$25 each
11 or more	\$20 each



Group Fee (3+): *session prices are per person*

1 Session	\$25/each
2 to 10 Sessions	\$20/each
11 or more	\$15/each

Non-member prices are double the listed price

Ask about our Helping Hands
Scholarship Program!



Location: The Dome

Days/Times: By appointment

Questions: Stacy Castoe
Dome & Operations Director
(P) 620.275.1199 ext. 101
(E) scastoe@ymcaswkansas.org

MEET THE TRAINERS:

Manuel A. Guzmán attended Kansas State University, where he studied in the College of Human Ecology for a bachelor's in Kinesiology & Exercise Science.

Steven Lynch attended FHSU, where he received a B.S. Human & Health Performance, Sport & Recreation Management. He is also a NETA Certified Personal Trainer & Prenatal & Postpartum Exercise.

JOIN TODAY!

*Upgrade to a membership today as a participant
NO CHARGE!
Save over \$100!*

Already a member? Recruit a friend & receive a prize Get details at signup.

Basketball Training Registration Form

Coach: Manuel Guzman Steven Lynch

NAME: _____ **ADDRESS:** _____

D.O.B.: _____ **HOME PHONE:** _____ **CELL PHONE:** _____

E-MAIL: _____ **SESSIONS:** _____

EMERGENCY CONTACT: _____ **EMERGENCY CONTACT:** _____