



HELPING YOU LIVE BETTER

OLYMPIC WEIGHTLIFTING CLUB

Be a part of the Olympic Weightlifting Club where you will learn the Olympic lifts Clean & Jerk and Snatch with a goal for all groups to work towards competition! Trainings will be conducted doing auxiliary lifts to improve your Olympic Lifts. This club is for men, women, juniors, & seniors who wants to improve their overall wellness & strength.

Fee:	YMCA Members	\$50/week	YMCA Members	\$40/week
	<i>(Adults ages 18+)</i>		<i>(Junior ages 14-18)</i>	
	Dome Members	\$70/week	Dome Members	\$60/week
	<i>(Adults ages 18+)</i>		<i>(Junior ages 14-18)</i>	
	Non-Members	\$100/week	Non-Members	\$80/week
	<i>(Adults ages 18+)</i>		<i>(Junior ages 14-18)</i>	

Time: 6:30-8:00 PM
Monday, Wednesday, & Friday



Dates: Session I: September 25 - November 3

Instructor: Michael Brungardt - USA Weightlifting Certified Sports Coach, USA Weightlifting Certified Advanced Sports Performance Coach, and Strength & Conditioning Coach for the San Antonio Spurs for 17 years.

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

Olympic Weightlifting Registration			
Session:		I	
Adult	Junior	Senior	
Name: _____		Address: _____	
City: _____	State: _____	Zip: _____	DOB: _____
Home Phone: _____		Cell Phone: _____	
E-Mail: _____			