



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# PICKLEBALL POWER PERFORMANCE

## Build strength behind your play

Join a four-week specialized strength program designed to focus on preventive care and improve your strength in pickleball.

- ◆ Specific Strength program for Pickleball players
- ◆ Preventive Strength Training/Mobility
  - Tennis Elbow Prevention
  - Knee and Hip Health



**\$30—Members**  
**\$50—Non-members**  
**8 spots**  
**per session**



**Mondays, Oct. 21st – Nov. 11th**  
**5:30–6:30pm**



**South Wood County YMCA**  
**601 W. Grand Ave.**  
**Wisconsin Rapids, WI 54495**  
**715-818-9622**

Sign up at the YMCA or online  
at [www.swcymca.org](http://www.swcymca.org)



For questions, contact Jacob at  
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