

# **Twin Rivers YMCA Youth Olympics**

Health education while training in actual Olympic sports!  
Reverse poor or unhealthy lifestyles with our Youth  
Olympics program. Learn healthy eating habits along  
with physical activity for a stronger, healthier youth!



**Registration:**

**Dec. 30-Jan. 31**

**Program:**

**January 17-April 3**

**Tuesdays 5:30-6:30 pm**

**Olympic Games:**

**April 7, 9:00 am**

**\$20.00/members**

**\$25.00/non-members**

Contact Adrienne Dawson at 252-637-8799 or  
email at [healthwellness@trymca.org](mailto:healthwellness@trymca.org).

