



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Y BEACH CAMP

## GET OUT & GET FIT

MONTHLY & PUNCH PASSES  
AVAILABLE FOR SUMMER

Back by popular demand for the TENTH year, Y Beach Camp is held on the lakefront and designed to give participants a conditioning experience like no other! You will be coached through a variety of drills, stations, and exercises that will challenge and expand your level of fitness.

### Choose Saturday OR Sunday

#### Saturdays:

June 1-22

June 29-July 27

August 3-24

September 7-28



#### Sundays:

June 2-23

June 30-July 28

August 4-25

September 8-29



**TIME: 9:00am - 10:00 AM**

**LOCATION: Bradford Beach House/TBA**

For more information, contact Laura Becker at (414) 274-0828 or [lbecker@ymcamke.org](mailto:lbecker@ymcamke.org)



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### MONTHLY PASSES:

Sign up for a full month of Y Beach Camp in June, July, August, or September (on Saturdays OR Sundays).

**MEMBERS: \$60**

**COMMUNITY PARTICIPANTS: \$80**

### PUNCH PASSES:


Sign up to attend four Y Beach Camp classes of your choice throughout the 2019 season.

**MEMBERS: \$65**


**COMMUNITY PARTICIPANTS: \$85**


Follow us on social media for videos from last year and more information about Group Exercise events at the Y!

ON OUR WEBSITE:  
[YMCAMKE.ORG](http://YMCAMKE.ORG)

 **INSTAGRAM:**  
[@YMCAMKE\\_GX](https://www.instagram.com/YMCAMKE_GX)

 **FACEBOOK:**  
[@DTYGEX](https://www.facebook.com/DTYGEX)

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