



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POWER Club

**Come Join Us on
Tuesdays and Thursdays in JANUARY!!**

ALL 6th, 7th, and 8th Graders Invited!

Activity Hour 1 Options: 2:45p-3:45p

- *Homework Help (at Crestview)**
- *OPEN DANCE CLASS (at the Y)**
- *Weight Lifting/Fitness Class (at the Y)**

Activity Hour 2: 3:45p-4:45p

- *SNACK (at the Y) =3:45p-4p**
- *Speaker from YMCA (at the Y)**

-Topics this month will include:

Anatomy, Nutrition, Drugs and Alcohol



-Get a FREE YMCA youth membership for participating**

-MONTHLY PRIZES AND GIVE-A-WAYS

-End of the semester PARTY!