



Sponsored in part by Casella

RISING HAWKS

Intro to sports and sports conditioning with
Hartwick Athletes and Coaches
Mondays

Feb. 23, March 2, March 9, March 23, March 30, April 13

Session 1

(Ages 4-5)

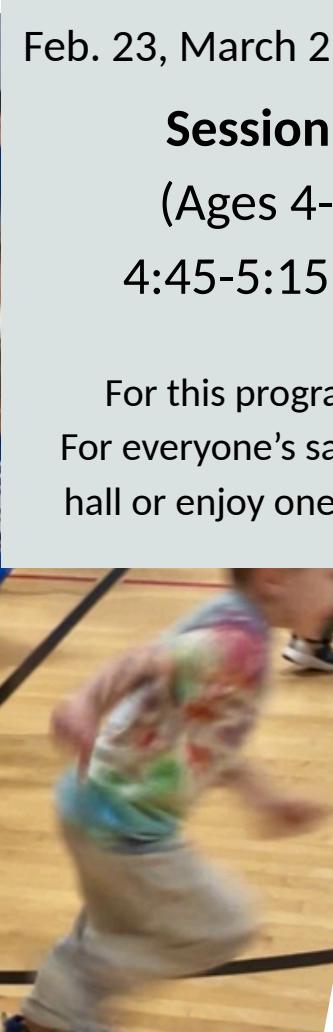
4:45-5:15 pm

Session 2

(Ages 6-7)

5:30-6:00 pm

For this program, children participate independently.
For everyone's safety, caregivers are asked to remain in the
hall or enjoy one of our express classes during the session.



Free to YMCA members
\$25 for non-members



Register online at oneontaymca.org
or call (607)432-0010 option 9