



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MIDDLE SCHOOL PROGRAMS at the Y in BTV

Join us at the Y for some fun stress relief after a tough day at school!

Middle School Strength + Weight Training

Introduces key fitness concepts through weekly focus areas. Starting with basic warm-ups, stretches, and games, we then explore different muscle groups and movements, including legs, arms, and core. As the program progresses, participants will work on mobility, agility, and cardio, helping them understand and apply these skills effectively. Boys and Girls groups.

Days + Time: Wednesdays, 3:15 – 4:15pm,
Sep 08 – Oct 26, 2025

Cost: Members / \$60 per session

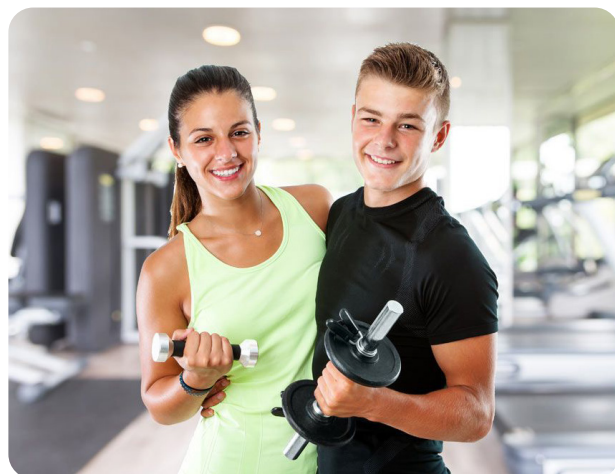
Dungeons + Dragons Club

Embark on epic fantasy adventures in our Dungeons + Dragons Club! Players will create unique characters, explore mystical worlds, and work together to overcome challenging quests. This club offers a fun, collaborative environment where imagination meets storytelling.

Days + Time: Thursdays, 3:30 – 5:30pm (2 hours), Sep 11 – Dec 21

Cost: Free for Members, registration required.

More about Middle School Programs: contact Abbie at aisrael@gbymca.org.



gbymca.org

The Y's Community Partner
 **NORTH COUNTRY**
Your community credit union