



Pottstown Athletic Club Free Youth Athletic Series



Week 1 of 8 in the books !

Free 8-week Athletic Series for youth ages 8 to High School Seniors. Class runs Wednesdays from 7:00 pm until 8:00 pm - Learn the foundations of functional athletic movements, Participate in a workout that follows the instruction period using the trained movements —great foundations training.

The program started Wednesday, 2 November, and will end Wednesday, 21 December.

NO CLASS ON THANKSGIVING EVE

Call or text 484 302 9950 or info@pottstownathleticclub.com

PLEASE SIGN WAIVER IN ADVANCE at www.pottstownathleticclub.com—landing page, upper right hand corner “Become a Member”

PAC is Located at 263 King Street Pottstown Pa, 19464



Pottstown Athletic Club is a 501c3 Nonprofit EIN # 47-1197473