



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING ACTIVE CHILDREN THROUGH EXERCISE

This four-week **BACE** program encourages our youth to develop a healthy self-esteem and confidence all while inspiring them to lead a physically active and healthier lifestyle. Through one-on-one coaching and age-appropriate exercises that are specifically tailored to each child's personal goals and interests, your child will gain the strength and tools to tackle anything. Sessions are 1 hour long. Ages 8-14.

**Location: Ascension St. Vincent YMCA**

**1 session each week - \$6 per week**

**2 sessions each week - \$10 per week**

**Contact Nathalie Payne for more information or to set an appointment  
at [payne@ymcaswin.org](mailto:payne@ymcaswin.org)**



**Our Mission:** The YMCA of Southwestern Indiana, Inc. following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind, and body.