



# FYP

## Find Your Power

A NEW YMCA PROGRAM  
FOR TEENS AND TWEENS

While doing simple yoga poses, listen to popular beats by Olivia Rodrigo, Conan Gray, Britney throwbacks, and more! Enjoy games, snacks, and down time with other teens.

Not just yoga, but also a safe space to practice self-confidence, relieve stress, open discussions of your own experiences, and ways to **Find Your Power!** Learn to interact with others and be the best version of yourself!

**7 WEEK SERIES : JAN 4-FEB 15**

**\$80 MEMBERS \$100 NONMEMBERS**

**LOCATION: YMCA TEEN CENTER**

**AGES 10-15**  
**TUESDAYS 6:30PM-8:00PM**

CONTACT: RACHAEL BAXTER  
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REGISTER ONLINE OR AT THE YMCA TODAY!

UNION COUNTY FAMILY YMCA  
1150 CHARLES LN, MARYSVILLE, OH 43040  
937-303-9285



[www.unioncountyyymca.org](http://www.unioncountyyymca.org)

