



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE STARTING LINE IS HERE

OCR Training
ROCKY MOUNT YMCA



Ready...

Looking for a new challenge? Or preparing for your next one? Our experienced OCR Instructors will help you to get ready! Join a group of fellow trainees for a fun, dynamic class!

Set...Mid-Session Special– *spaces limited*

- Friday nights in the gym, from 1/4-3/29/19, 6-7:30 pm in the Rocky Mount gym
- Register at the Rocky Mount Front Desk
- \$30 for members
- \$60 for non-members

Go!

Bring a water bottle, some good shoes, and get ready to push your boundaries!



Rocky Mount
295 Technology Dr.
Rocky Mount, VA 24151
(540)489-9622

Smith Mountain Lake
293 FirstWatch Drive
Moneta, VA 24121
(540)721-9622

Ferrum
333 Wiley Dr.
Ferrum, VA 24088
(540)365-9622