



# 2025 Football Summer Conditioning

**REGISTRATION:** May 19<sup>th</sup> – July 20<sup>th</sup>

- For your convenience, you can now register online @ [www.ymca-thomasville.org](http://www.ymca-thomasville.org)
- **Refund Policy:** Upon approval & prior to first training session, a partial refund of 80% will be issued.

**LEAGUES OF PLAY:** Ages 6-12

**Registration Fee:**

- **Member Price \$20.00**
- **Potential Member Price \$40.00**

The YMCA is always in need of quality coaches for all leagues of play. Background checks are required for all volunteers.

**Summer Football Workouts is designed to prepare players for the upcoming Football Season by teaching fundamentals such as offense, defense & conditioning.**

**Training Dates: Two Day Camp**

**Monday July 21<sup>st</sup>**

**Tuesday July 22<sup>nd</sup>**

**Clinic Time: 5:30pm – 7:30pm**

**Clinic Location: E Section Remington Park**

**Rainout Line: 229.584.0183**

**Parent Information:**

- Make sure the YMCA has updated phone numbers.
- Players provide cleats/tennis shoes.
- The YMCA provides all other equipment.
- Bring a water bottle.

**All participants are highly encouraged to join the YMCA Fall Football League upon completion of the Summer Workout Program. An additional charge of \$30 to register for the 2024 Football Season.**

For more info contact Houston Massey @ (229) 226-0133 or [hmassey@ymca-thomasville.org](mailto:hmassey@ymca-thomasville.org)