



Boys & Girls Clubs
of Hamilton
A good place to be



McMASTER
ATHLETES
careers



STRENGTH AND CONDITIONING TRAINING SESSIONS

**McMaster's Strength and
Conditioning Coaches will...**

- > help increase strength, speed and endurance
- > educate on health, nutrition and training
- > motivate to challenge and reach personal goals

KIWANIS BOYS AND GIRLS CLUB TUESDAYS 8-10pm

FREE PROGRAM > AGES 13 +

Contact Jesse Williamson @ 905-549-2814 x 227 for more details