



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **SPEED AGILITY TECHNIQUE!**

**SPORTS TRAINING WITH  
COACH JERMAINE KEYES**



## **For Youth to Collegiate Level**

\$30 for a 60 minute session

\$20 for a 30 minute session

\$270 for 10 sessions

Group Lesson, 3 people min. \$15 each person

**Call or Text Coach Keyes at  
601-329-1414 to schedule a session**

ASHLAND AREA YMCA

3232 Megan Neyer Way, Ashland, KY | (606) 324-6191 [ashlandareaymca.org](http://ashlandareaymca.org)