



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INCREASE STRENGTH AND LEARN PROPER TECHNIQUE



# GET IT

## INTRODUCTION TO OLYMPIC WEIGHTLIFTING

This class is designed to guide beginning lifters to a novice level of proficiency. With 22 years of coaching experience, Tim Fox expertly leads participants through USA Weightlifting's *Skill Transfer Exercises* before progressing to the snatch and clean and jerk. Lifters will start with a PVC pipe, transition to a barbell, and gradually build strength, culminating in a max session during the final class. Along the way, participants will learn to engage their core, feet, and upper back, ensuring they lift safely, effectively, and with confidence.

**20th AVE**  
**TUESDAYS & THURSDAYS • 6:00-7:00 p.m.**  
**FEBRUARY 25-APRIL 3**  
**AGES 16+**  
**FEE \$199**

**INSTRUCTOR: TIM FOX**  
YMCA Personal Trainer, USA Weightlifting-Certified  
Coach, Certified Strength & Conditioning Specialist

**QUESTIONS? Contact Ben: [benclwien@oshkoshymca.org](mailto:benclwien@oshkoshymca.org)**