





IS COMING TO RICHMOND!

True Athletic Development is an athletic development company based out of New Castle, IN excelling in developing and enhancing movement relative to sports performance.

-  **Increase Explosiveness**
-  **Improve Mobility**
-  **Enhance Flexibility**
-  **Gain Strength**
-  **Increase Stability**
-  **Improve Reactive Speed and Agility**

For more information contact your local Richmond Family YMCA!

Richmond Family YMCA • 2023 Chester Boulevard
Phone (765) 962-7504 • Fax (765) 962-7506

TAD will help you