



# SPECIAL OLYMPICS POWERLIFTING

AT THE ANDOVER/NORTH ANDOVER YMCA

SUNDAYS

OCTOBER 10<sup>TH</sup> –  
NOVEMBER 14<sup>TH</sup>

2:30-4:00PM

the    
mvymca.org

**FREE FOR ALL!**



The Andover/North Andover YMCA is teaming up with the Special Olympics to offer Powerlifting for athletes ages 16 and up. This program will give athletes with disabilities the opportunity to train in deadlift, squat and bench press – along with lessons in effort and determination.

Special Olympics is a global organization that unleashes the human spirit through the transformative power and joy of sport, every day around the world.

To register for information about this program, please contact:

**DALE HAAVIND-BERMAN**  
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