

# Youth Sports

## Developmental Flag Football

Flag football is geared towards kids from 4-8 years old. The football season will begin September 4th and run through October 9th. Each week the kids will work on the fundamentals of football learning the skills needed to build a well rounded player. In addition to the skills learned on the field the children will learn the importance of core values and being team players. Scrimmage time will also be allowed each week so their skills can be put into action. Registrations received after September 1st will receive a \$5 late fee.

Class meets: Saturdays, September 4th - October 9th  
4-5 year olds 9 a.m. - 10 a.m.  
6-8 year olds 10 a.m. - 11a.m.  
Location: Cultural Center Field outside

Member: \$27  
Program Participant: \$52  
Instructor: Brendan White

## 3-6 Grade Girl's Volleyball

Girls will learn the basics of volleyball from passing, over-hand serving, hitting, and setting. Each week a new skill will be worked on and then used in game-like situations. The program will meet every Tuesday evening beginning on September 14th and will continue through October 19th. The girls will also focus on the Y's core values and the importance of being a team player. Registrations received after September 13th will receive a \$5 late fee.

Meets: Tuesdays, September 14th - October 19th  
3-4 Grade 6 p.m. - 7 p.m.  
5-6 grade 7 p.m. - 8 p.m.  
Location: HHC Gym Court C

Member: \$27  
Program Participant: \$52  
Instructor: Deb Grove

## Youth Strength Training

### 10-14 year olds

Class provides hands-on experience using the Cybex strength training equipment while learning proper lifting techniques. After the completion of the class the youth participants can use the Cybex weight room when accompanied by a parent (or at designated times without a parent).

Class meets: T/TH 5:30-6:30 p.m.  
Instructor: Rotating Instructors  
Location: Fitness Floor,  
Horne-Henry Center

