



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HOLIDAY SPORTS EXTRAVAGANZA

## Track & Field Clinic (GRADES K-6)

This one day clinic will provide fun ways for kids to be active and have fun.

We'll be sprinting, jumping, throwing and be competing through obstacle courses.



Location: ALL SPORTS PARK TURF FIELD

Date: Monday, November 30th

Time: 4:00-5:30pm

Cost: \$10/Member & \$15/Non-member

## Archery Clinic (AGES 8+)

If you have always wanted to try archery then you're in luck. This one day clinic will introduce the basic safety and techniques of archery.

Date: Monday, December 7th

Time: 4:00-5:00pm (BEGINNERS) & 5:15-6:15PM (ADVANCED)

Cost: \$8/Member & \$12/Non-member



## Dodgeball Clinics (GRADES 3-12)

Join us for fun games of dodgeball. We'll cover the basic rules and then jump in and play!

GRADES 3-5: Monday, December 14th from 4:00-5:00pm

\$8/Member & \$12/Non-member

GRADES 6-8: Monday, December 14th from 5:15-6:15pm

\$8/Member & \$12/Non-member

GRADES 9-12: Monday, December 7th from 4:00-5:30pm

\$10/Member & \$15/Non-member

## Climbing Wall Clinics (AGES 5+)

Sign up for one of these clinics. Learn how to climb different routes and techniques that will help you climb more efficiently. Have a blast while getting a great workout in.

Technical Skills (AGES 14+): Friday, December 4th from 5:30-7:00pm

Junior Climbers (AGES 8-13): Friday, December 11th from 5:30-7:00pm

All Climbers (AGES 5+): Friday, December 18th from 5:30-7:00pm

Cost per clinic: \$10/Member & \$15/Non-member

Contact info: Stephanie Lund - Director of Sports and Family Programs - [slund@grantspassymca.net](mailto:slund@grantspassymca.net)





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## Speedy Clinics (GRADES K-5)

Join us for some fun while running, jumping, doing relay races and obstacle courses.

GRADES K-2: Friday, December 4th from 4:00-5:00pm

GRADES 3-5: Friday, December 11th from 4:00-5:00pm

Cost: \$8/Member & \$12/Non-member

## Speed, Agility & Strength Training Clinics (GRADES 6-12)

Come ready to work hard, get stronger and faster, build new friendships and compete against yourself and others. We'll be utilizing the main gym and our multi-purpose room so athletes can see themselves properly perform skills.

Date: Tuesdays, December 1, 8 & 15

Time: 4:00 - 5:30pm

Cost: \$30/Member & 45/Non-member

Dates: Thursdays, December 3, 10 & 17

Time: 4:00 - 5:30pm

Cost: \$30/Member & 45/Non-member

## Volleyball Skills & Drills Clinics (GRADES K-12)

These clinics are perfect if you are wanting to just try out the sport of volleyball or get a refresher on basic skills. Have fun playing games and learning how to pass, set, hit and serve.

GRADES K-4: Wednesday, December 2nd from 4:00-5:00pm

GRADES 5-8: Wednesday, December 9th from 4:00-5:00pm

GRADES 7-12: Wednesday, December 16th from 4:00-5:00pm

Cost per clinic: \$8/Member & \$12/Non-member

## Elite Volleyball Training Program (GRADES 6-12)

This program is designed to prepare volleyball players for the next level, whether high school or college. If you are ready to work hard, jump higher, move faster, be disciplined and gain confidence then this is for you!

GRADES 6-8: Wednesdays & Fridays, December 2 - 18th from 5:15-6:45pm

GRADES 9-12: Tuesdays & Thursdays, December 1 - 17th from 5:45-7:15pm

Cost: \$90/Member & \$110/Non-member



GRANTS PASS FAMILY YMCA 1000 REDWOOD AVENUE 541-474-0001

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