



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER YOUTH SPORTS CLINICS

These clinics will cover the fundamentals of each sport:

Ball control, passing, catching, shooting, jumping, hitting, conditioning and strength training.

- ◆ Players will be placed in groups of no more than 10 & equipment will be cleaned daily.
- ◆ Players should bring a water bottle, face mask and wear appropriate athletic shoes.

Session 1: January 11 - February 11, 2021

YOUTH BASKETBALL CLINICS

These 5 week clinics will focus on the fundamentals of basketball. We will work on dribbling, passing, shooting, ball movement, speed and agility.

Gr. K-1 4:00-5:00pm (TUESDAYS)
Gr. 2-3 5:15-6:15pm (TUESDAYS)
Gr. 4-5 4:00-5:00pm (MONDAYS)
Gr. 6-8 5:15-6:15pm (MONDAYS)

COST: \$35/Member & \$50/Non-member

MICRO BASKETBALL (Ages 3-4)

Parent Participation is required
WEDNESDAYS from 4:15-5:00pm

COST: \$25/Member & \$40/Non-Member



ELITE VOLLEYBALL TRAINING

(JANUARY 5 - 22, 2021)

This program is designed to prepare volleyball players for the next level, whether high school or college. Be ready to work hard, jump higher, move faster, be disciplined and grow in confidence.

Gr. 6-8 5:30-7:00pm (WEDNESDAYS) &
 4:00-5:30pm (FRIDAYS)
Gr. 9-12 6:30-8:00pm (TUESDAYS) &
 4:30-6:00pm (THURSDAYS)

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

Contact: Stephanie Lund
Director of Sports & Family Programs
slund@grantspassymca.net

Session 2 : February 15 - March 18, 2021

YOUTH VOLLEYBALL CLINICS

These 5 week clinics will focus on the fundamentals of volleyball: passing, setting, serving, hitting and blocking.

Gr. K-3 4:00-5:00pm (TUESDAYS)
Gr. 4-6 5:15-6:15pm (TUESDAYS)
Gr. 7-12 5:00-6:00pm (THURSDAYS)

COST: \$35/Member & \$50/Non-Member

SPEEDY CLINICS

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

Gr. K-2 4:00-5:00pm (MONDAYS)
Gr. 3-5 5:15-6:15pm (MONDAYS)

COST: \$35/Member & \$50/Non-member

MICRO TRACK & FIELD (AGES 3-4)

Parent Participation is required
WEDNESDAYS from 4:15-5:00pm

COST: \$25/Member & \$40/Non-Member

