



YOUTH SPORTS CLINICS

SPRING 1: March 29 - April 29

OUTDOOR clinics at REDWOOD PARK

SOCCER CLINICS

We will teach the basics of soccer and will play games the last part of each clinic.

Grades K-2 4:00-5:00pm (THURSDAYS)

Grades 3-5 5:15-6:15pm (THURSDAYS)

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

T-BALL & WIFFLE BALL CLINICS

T-ball and wiffle ball clinics teach basic skills of throwing, catching, hitting and running. Wiffle ball is only for grades 3-5.

Grades K-2 5:00-6:00pm (MONDAYS)

Grades 3-5 5:00-6:00pm (TUESDAYS)

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

MICRO SPORTS (ages 3-5)

PARENT PARTICIPATION IS REQUIRED

T-ball 4:00-4:45pm (MONDAYS)

Soccer 4:00-4:45pm (TUESDAYS)

Cost: \$25/Member & \$40/Non-member

INDOOR clinics at the YMCA

MULTI-SPORT CLINICS

Each week we will introduce a new sport. Week 1-5 in order: basketball, floor hockey, dodgeball, volleyball & pickleball.

Grades 4-6 4:00-5:00pm (WEDNESDAYS)

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

ARCHERY (for ages 8+)

Group lessons are for anyone ages 8 and up.

Beginners 4:00-5:00pm (MONDAYS)

Advanced 5:00-6:00pm (MONDAYS)

Cost: \$40/Member & \$55/Non-member

CLIMBING WALL CLINICS

Learn how to climb different routes and use techniques that will help you climb better. Have a blast while getting a great workout in.

NOTE DIFFERENT DATES: APRIL 6 - 27th

Ages 6+ 5:30-7:00pm (TUESDAYS)

Cost: \$45/Member & \$60/Non-member

SKILL BUILDING AND
CHARACTER DEVELOPMENT
HAPPEN HERE.



Contact: Stephanie Lund
Director of Sports & Family Programs
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING 2: May 3 – June 7

OUTDOOR clinics at REDWOOD PARK

SOCCER CLINICS

We will teach the basics of soccer and will play games the last part of each clinic.

Grades K-1	5:00-6:00pm (WEDNESDAYS)
Grades 2-3	4:00-5:00pm (TUESDAYS)
Grades 4-5	5:15-6:15pm (TUESDAYS)

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

TRACK & FIELD CLINICS

Have fun running, jumping, throwing, doing relay races and competitions.

Grades K-6	5:00-6:00pm (MONDAYS)
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Cost: \$35/Member & \$50/Non-member

MULTI-SPORTS CLINICS

Each week we will introduce a new sport. Week 1-5 in order: flag football, ultimate frisbee, kickball, soccer and wiffle ball.

Grades 4-6	4:00-5:00pm (FRIDAYS)
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Cost: \$35/Member & \$50/Non-member

MICRO SPORTS (ages 3-5)

PARENT PARTICIPATION IS REQUIRED

Track & Field	4:00-4:45pm (MONDAYS)
Soccer	4:00-4:45pm (WEDNESDAYS)

Cost: \$25/Member & \$40/Non-member

INDOOR clinics at the YMCA

VOLLEYBALL CLINICS

We will teach the basic skills of volleyball - passing, setting, serving & hitting @ YMCA.

Grades K-3	4:00-5:00pm (THURSDAYS)
Grades 4-8	5:15-6:15pm (THURSDAYS)

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

ARCHERY (for ages 8+)

Group lessons are for anyone ages 8 and up.

Beginners	4:00-5:00pm (MONDAYS)
Advanced	5:00-6:00pm (MONDAYS)

Cost: \$40/Member & \$55/Non-member

CLIMBING WALL CLINICS

Learn how to climb different routes and use techniques that will help you climb better.

NOTE DIFFERENT DATES: May 4 - 25th

Ages 6+	5:30-7:00pm (TUESDAYS)
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Cost: \$45/Member & \$60/Non-member

