



Sunday Funday Classes

Soccer Skills Clinic 101

Players are introduced to the fundamentals of soccer tactics such as passing the ball, offensive moves, keeping/controlling the ball away from the opposing team. Players learn to score and prevent goals. Physical endurance and fitness are emphasized while touching the ball.

Program # 2616-1101
Who: 6-9 years
Location: Central Park Building
Dates: Sept. 23—Nov. 11
Day/Time: Sunday 9:00-10:00am
Fee: \$70.00 R/\$75.00 NR



Baseball Clinic 101

This baseball class gives players an intro to baseball. Players work on technique and enhancing form in the comprehensive skills clinic. This program teaches throwing mechanics as well as batting stance, bat positioning and speed, using both live pitching and hitting off the tee. Players should bring their own gloves.

Program # 2618-1101
Who: 6-9 years
Location: Central Park Building
Dates: Sept. 23—Nov. 11
Day/Time: Sunday 10:00-11:00am
Fee: \$70.00 R/\$75.00 NR



Basketball Clinic 101

Develop early basketball skills such as shooting, dribbling, and passing, along with the basic rules of the game. All instruction is game/drill oriented with mini games and scrimmages played every week. This class is for the basketball beginner looking to understand the game, learn new skills, and have fun!

Program # 2620-1101
Who: 6-8 years
Location: Central Park Building
Dates: Sept. 23—Nov. 11
Day/Time: Sunday 11:00am-12:00pm
Fee: \$70.00 R/\$75.00 NR



Basketball Clinic 102

This class will build upon the fundamentals taught in the basketball 101 class. A slightly faster paced environment will be geared around competitive play, encouraging tactics such as attacking the basket and aggressive defense. Players should have basic knowledge of rules and be able to dribble comfortably in order to succeed in the class.

Program # 2621-1101
Who: 8-10 years
Location: Central Park Building
Dates: Sept. 23—Nov. 11
Day/Time: Sunday 12:00-1:00pm
Fee: \$70.00 R/\$75.00 NR



Volleyball Skills Clinic 1

This clinic includes instruction on all major volleyball skills; serving, passing, setting, and attacking. Players receive a solid foundation of the fundamental skills through fun and active drills, building up to team play. This class is for the volleyball beginner looking to understand the game and learn new skills. Kneepads are recommended.

Program # 2624-1101
Who: 7-9 years
Location: Central Park Building
Dates: Sept. 23—Nov. 11
Day/Time: Sunday 1:15-2:15pm
Fee: \$70.00 R/\$75.00 NR



Volleyball Skills Clinic 2

This clinic focuses on progressing skills including, transitioning from free ball, offense, defense, and developing specific positions. This is a great opportunity for players to enhance their skill level and knowledge of the game. Kneepads are recommended.

Program # 2624-1201
Who: 9-12 years
Location: Central Park Building
Dates: Sept. 23—Nov. 11
Day/Time: Sunday 2:30-3:30pm
Fee: \$70.00 R/\$75.00 NR

