



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUNDAMENTALS VOLLEYBALL PROGRAM

Middle School/High School
MASSAD FAMILY Y

FUNDamentals Volleyball is a program designed to be fun! Players will develop skills through play. Clinics will include setting/overhead pass, bumping/underhand pass, hitting, serving, court movement, and working together as a team. Every player will be able to improve their skills whether they are a beginner or seasoned player and most importantly have FUN!

Ages 10—12

Wednesdays: November 5, 12, 19, December 3, 10, (5 sessions; skip 11/26)

7:00-8:00pm in Gym 2

Cost: \$45 Y Member/\$60.00 Non-Member.

Ages 13—18

Wednesdays: January 21, 28, February 4, 11, 18 (5 sessions)

7:00-8:00pm in Gym 2

Cost: \$45 Y Member/\$60.00 Non-Member



[REGISTER](#)

MASSAD FAMILY YMCA
212 Butler Rd.
Falmouth, VA 22405
Anysia Alhanati, Volleyball Manager

