



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE SUMMER TO A WHOLE NEW LEVEL

THE OFFSEASON IS THE TIME TO GET A
STEP UP ON THE COMPETITION.

**REGISTER FOR
SUMMER CLINICS**



FOR YOUTH DEVELOPMENT®
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SPEED AGILITY SKILLS

Summer Sport Clinics MILLINGTON FAMILY YMCA

Join us this summer for chances to improve speed, agility, flexibility, and sport specific skills with our certified trainers. The clinics are open for all skill-levels and will be split based on age.

Football Skills Clinic

The basic skills of throwing, catching, defending, and hand placement are built by repetition. New players and those preparing for the next step are invited to participate.

Ages: 7-12 years

When: June 11, 12, & 14
June 25, 26, & 28

Time: 6:00p-7:00p

Soccer Skills Clinic

The skills of dribbling, passing, shooting, and defending are vital to the most popular sport in the world.

Ages: 7-12 years

When: July 16, 17, & 19

Time: 6:00p-7:00p

Speed & Agility Clinic

The ability to accelerate and decelerate are critical in most sports in America. The understanding of these skills are key to the development of an athlete.

Ages: 7-17 years

When: June 4, 5, & 7
July 9, 10, 12

July 30, 31, & August 2

Time: 5:30p-6:30p (7-11 years)

7:00p-8:00p (12-17 years)

Members: \$30 per week
Non-Members: \$50 per week