



Winona Family YMCA

GROW PLAY BELONG

5TH & 6TH GRADE VOLLEYBALL

Bump, set, spike and grow! Our 5th and 6th Grade Girls Volleyball program is designed to help young athletes build a strong foundation in the fundamentals of volleyball. Players will practice twice a week, focusing on essential skills such as bumping, setting, serving, rally scoring, court spacing, and basic game strategy. Age-appropriate competition provides opportunities for players to apply what they've learned in a supportive environment that emphasizes character building, fair play, teamwork, and good sportsmanship.

AUGUST 26-OCTOBER 4

Practice: Tuesdays & Thursdays 6-7pm at the YMCA

Games: Saturdays 9/13, 9/20, 9/27 & 10/4 at Cotter Schools

\$80/Members, \$95/non-members

Financial assistance is available for programs!

**Register in person or online:
www.winonaymca.org**

**Be a part of the fun,
volunteer!**

Contact:

EMcclatchey@winonaymca.org

Thank you to our program sponsors!

