



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HALLOWEEN 2020

**FASTER
STRONGER
BETTER**

ALTRU FAMILY YMCA
**BASKETBALL & VOLLEYBALL
ACADEMIES**



The Altru Family YMCA is excited to offer Sports Specific Training sessions for Basketball and Volleyball lead by Stephanie McWilliams! Stephanie is a local athlete who attended Grand Forks Central High School. She was a four year varsity athlete in basketball, volleyball and softball, being the first female athlete to earn 12 varsity letters. After having the opportunity to play any of the three sports at the collegiate level, she made the decision to play division 2 basketball at the University of Minnesota Crookston. All ages and abilities are welcome!

Saturday, October 31
Grades 2 – 6
Basketball 12:15 – 2:15 pm
Volleyball 2:30 – 4:30 pm
\$20 Per Session