



ALTRU FAMILY YMCA

# VOLLEYBALL ACADEMY



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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## ▶ FUNDAMENTALS OF VOLLEYBALL

**Wednesdays • September 1, 8, 15, 22**

**September 1, 8**

Grades 1-2 5:00-6:00 pm

Grades 3-4 6:15-7:15 pm

**September 15, 22**

Grades 1-2 4:30-5:30 pm

Grades 3-4 5:30-6:30 pm

\$40

## ▶ OFFENSIVE ACADEMY – LEARN TO SET & HIT

**Wednesdays • October 6, 13, 20**

Grades 5-6 5:00-6:00 pm

\$30

## ▶ DEFENSIVE ACADEMY

**November TBD**

Grades 5-6 TBD

Grades 7-8 TBD

### COACH KATIE ARTHUR

We are pleased to announce Katie Arthur as our new YMCA Volleyball Academy Head Coach. Katie was born and raised here in Grand Forks. After her undefeated senior volleyball season at Red River High School, she went on to play at the University of Minnesota Crookston. After college, Katie coached at Grand Forks Central High School first as an assistant and then head varsity volleyball coach from 2015 to 2019. Katie has conducted camps and leagues for all age levels and remains passionate about the sport.

**ALTRU FAMILY YMCA • 701-775-2586 • [www.gfymca.org](http://www.gfymca.org)**