



ALTRU FAMILY YMCA

# VOLLEYBALL ACADEMY



# FUNDAMENTALS OF VOLLEYBALL

## November 18

### Hitting & Blocking

1:00 – 3:00 pm Gr 9-12 \$30

### Fundamentals

3:00 – 5:00 pm Gr 3-5 \$30

## November 19 & 26

### Fundamentals

3:00 – 4:00 pm Gr 1-2 \$30

### Defensive Camp

4:00 – 5:30 pm Gr 6-8 \$40

### Hitting Camp

5:30 – 7:00 pm Gr 6-8 \$40



**Coach: Kari Hearn**

Contact: Adam Sorum / [asorum@gfymca.org](mailto:asorum@gfymca.org)

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