



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Bump, Set, Spike! Volleyball Training

THE DOME, A YMCA ACTIVITY CENTER

**Deadline:** Ongoing  
**Location:** The Dome  
**Days/Times:** By appointment

<b>Individual Fees:</b>	1 Session	\$30 each
	2 to 10 Sessions	\$25 each
	11 or more	\$20 each
<b>Group Fee (3+):</b>	1 Session	\$25/each person
	2 to 10 Sessions	\$20/each person
	11 or more	\$15/each person

*\*Non-member prices are double the listed price*

***JOIN TODAY!***

*Upgrade to a membership  
today as a participant*

***NO CHARGE!***

*Save over \$100!*

*Already a member? Recruit  
a friend & pay much less.  
Get details at signup.*

## Benefits of Extra Training?

- ◇ Increased Speed
- ◇ Increased Agility
- ◇ Improved Conditioning
- ◇ Gaining a Competitive Edge
- ◇ Increased Acceleration and Power
- ◇ Improved Balance and Body Awareness
- ◇ Increase Flexibility



### Questions:

Stacy Castoe, Dome & Healthy Initiatives Director  
(P) 620.275.1199 ext. 101  
(E) scastoe@ymcaswkansas.org

**Ask about our Helping Hands  
Scholarship Program!**



### Volleyball Training Registration Form

**Coach: Chris Vargas**

**NAME:** \_\_\_\_\_ **ADDRESS:** \_\_\_\_\_

**D.O.B.** \_\_\_\_\_ **HOME PHONE:** \_\_\_\_\_

**CELL PHONE:** \_\_\_\_\_ **E-MAIL:** \_\_\_\_\_ **SESSIONS:** \_\_\_\_\_

**EMERGENCY CONTACT:** \_\_\_\_\_ **EMERGENCY CONTACT #:** \_\_\_\_\_

**PARENT (IF UNDER 18)** \_\_\_\_\_ **PHONE:** \_\_\_\_\_