



Bump, Set, Spike! Volleyball Training

THE DOME: A YMCA ACTIVITY CENTER

Would you like to have your son/daughter excel in volleyball? Would you like to help them achieve their goals and be better? Get some inside tips from our trainer for volleyball. Plan a training today on your time and schedule!

Deadline: Ongoing

Individual Fees:

1 Session	\$30 each
2 to 10 Sessions	\$25 each
11 or more	\$20 each



MEET THE TRAINER:

Chris Vargas is a volleyball trainer, coach, & mentor. He has been involved with volleyball for over 20 years. His love and passion for the sport gets stronger each year. While Chris has been coaching for years, when the Dome opened in July of 2019, Chris took up the added role of one of our Sport Specific Trainers for volleyball.

Group Fee (3+): *session prices are per person*

1 Session	\$25/each
2 to 10 Sessions	\$20/each
11 or more	\$15/each

Non-member prices are double the listed price

Ask about our Helping Hands

Scholarship Program!



Location: The Dome

Days/Times: By appointment

Questions: Stacy Castoe
Dome & Operations Director
(P) 620.275.1199 ext. 101
(E) scastoe@ymcaswkansas.org

JOIN TODAY!

*Upgrade to a membership today as a participant
NO CHARGE!*

*Save over \$100!
Already a member? Recruit a friend & receive a gift. Get details at signup.*

Volleyball Training Registration Form

Coach: Chris Vargas

NAME: _____ **ADDRESS:** _____

D.O.B.: _____ **HOME PHONE:** _____ **CELL PHONE:** _____

E-MAIL: _____ **SESSIONS:** _____

EMERGENCY CONTACT: _____ **EMERGENCY CONTACT #:** _____