

# YOUTH VOLLEYBALL

YMCA of Mount Vernon



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Bump, set and spike your way to fun with our coed youth volleyball clinics and private/semi private lessons. With an emphasis on team spirit and sportsmanship, players have the opportunity to learn the basic volleyball fundamentals such as serving, setting, hitting, blocking and digging in a fun and positive environment. Each volleyball program is structured and led by Matia Mathews, an experienced volleyball coach that is dedicated to each child's skill development in youth volleyball lessons and games.

## Beginners Clinics

**Grades:** 3rd - 6th grade

**Dates:** November 20th - December 18th

**Days & Times:** Mondays from 5:30p - 6:30p

**Cost:** Member: \$55 Non-Member: \$95

0-2 years of experience with a desire to learn proper basic volleyball fundamentals including passing, jumping, body coordination, anticipation, and intention. Young athletes will learn about the rules and teamwork aspect of playing volleyball.

## Intermediate Clinics

**Grades:** 7th - 8th grade

**Dates:** November 20th - December 18th

**Days & Times:** Mondays from 6:30p - 7:30p

**Cost:** Member: \$55 Non-Member: \$95

2+ years of experience years of organized volleyball experience with a solid knowledge of the game and rules. Players should know approach footwork and be able to control most passes to a target. We will continue to build on fundamentals and introduce more challenging concepts of teamwork and footwork.

## Private/Semi Private Lessons

**When:** Wednesdays: 5pm, 6pm or 7pm starting November 29th

**Cost:** Private: \$35 Semi-Private: \$30

Bring a buddy or two for an in-depth lesson, with focus on developing skills and working on strengths and weaknesses. Whether it's a beginner session, or a more seasoned player, we will challenge player(s) to work on accuracy, intention, and body awareness.

**Call the YMCA of Mount Vernon at 740-392-9622 to get registered or register online <https://bit.ly/ymcavballclinic>**

**Clinics and lessons will be held at the  
YMCA of Mount Vernon located 103 N. Main Street**

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