



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FUN IN FALL



| Flag Football | | |
|---|--|---------------------------|
| 1st - 3rd Grade flag football focuses on teaching skills, fundamentals, teamwork, and sportsmanship. Volunteer coaches are needed! Please register by September 2nd to guarantee a t-shirt. Games will be played on Thursday nights. | | |
| Grades | Practice Dates/Times | Cost |
| 1 - 3 | Tuesdays and Thursdays 9/5 - 10/12 near school wind turbine 5:30 - 6:30 pm | \$30/member \$45/guest |
| Junior Football | | |
| An introduction to football skills that allows parents to have some fun interaction with their young athletes (boys and girls both!) while teaching them important parts of the game. Volunteer coaches are needed and a t-shirt is included in the cost. | | |
| Ages | Practice Dates/Times | Cost |
| 4 - 6 | Tuesdays 9/12 - 10/3 at the Y 5:15 - 5:45 pm | \$15/member \$25/guest |
| Volleyball Clinic | | |
| Join Forest City Varsity Volleyball coach Lacy Jerome and members of the high school program to improve your volleyball skills. Learn the correct way to pass, set and hit! | | |
| Grades | Dates/Times | Cost |
| 4 & 5 | Saturday, August 26 9:00 - 10:30 a.m. | \$15/member \$25/guest |
| 6 | Saturday, August 26 10:30 a.m. - 12:00 Noon | \$15/member \$25/guest |
| Cheerleading | | |
| Come learn your favorite Forest City cheers! Instructors are current and former Forest City cheerleaders! Once the padded football season starts, participants will cheer Sunday afternoons and only practice on Tuesdays. T-shirt is included. | | |
| Grades | Practice Dates/Times | Cost |
| 1-6 | Tuesdays and Thursdays 8/29 - 10/8 at the Y | \$20/member \$35/guest |

Forest City YMCA
916 West I Street
Forest City, Iowa 50436
641-585-5220
www.forestcityymca.org
info@forestcityymca.org



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EXPLORE YOUR CREATIVITY

| Ooey Goey Fun | | |
|--|--|---------------------------|
| Have fun making gooey projects with a variety of household items! Supplies and a snack are provided. | | |
| Grades | Dates/Times | Cost |
| 4 - 7 | Wednesday, September 20 2:30 - 4:00 | \$10/member \$15/guest |

| Pumpkin Carving Party | | |
|--|--------------------------------------|---------------------------|
| A pumpkin just in time for Halloween with a new twist. Pumpkins, supplies, and a snack are provided! | | |
| Grades | Dates/Times | Cost |
| 4 - 7 | Wednesday, October 18 2:30 - 4:00 | \$10/member \$15/guest |

| Wall Art | | |
|---|---------------------------------------|---------------------------|
| Create a beautiful wall decoration just in time for the holiday season! All materials and a snack will be provided. | | |
| Grades | Dates/Times | Cost |
| 4 - 7 | Wednesday, November 15 2:30 - 4:00 | \$10/member \$15/guest |

| Acrylic Pour | | |
|--|---------------------------------------|---------------------------|
| Create your own masterpiece with acrylic paints with one final craft before we head into 2018! Supplies and snacks provided. | | |
| Grades | Dates/Times | Cost |
| 4 - 7 | Wednesday, December 20 2:30 - 4:00 | \$10/member \$15/guest |

BABYSITTING CLINIC

Ashley Boul, Winnebago County Extension Program Coordinator, and Lauren Helgeson, Winnebago County Extension Youth Coordinator, will lead a babysitting clinic at the Forest City YMCA. Quality babysitting skills are taught in this course including child safety, tips on games children love to play, and instruction for easy to make snacks. Basic First Aid and CPR skills will also be taught.

- Limited to 15 participants
- Participants must be ages 11-15
- Held at the Forest City YMCA
- \$20 for members, \$25 for guests
- Wednesday, September 27 2:30-5:30pm
- Register at the Y

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