

## Upcoming Programs

- Adult Volleyball
- USA Soccer Camp
  - Kicks 4 Kids
- Indoor Soccer
- Sports Camps
- Youth Archery
  - Spikeball



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Financial Assistance Program

Fulfilling our goal to provide service for youth and families, the Y with the support of the United Way of Northern New York and the Northern New York Community Foundation provides Financial Assistance to those who cannot afford our memberships or programs fees. Assistance is based upon the applicants income and expenses and confidentiality is an important part of the process.



FAIRGROUNDS YMCA  
585 Rand Drive  
Watertown, NY 13601  
Email: [asouza@nnyymca.org](mailto:asouza@nnyymca.org)  
315-755-9622  
[www.watertownymca.org](http://www.watertownymca.org)



## Youth Tennis Pre Rally Red Ball AT THOMPSON PARK



## Registration: June 5, 2019

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## Important Information

**Ages:** 5-18

**Location:** Thompson Park  
-Tennis Courts

**Days:** Monday & Wednesday

**Time:** 3:00-5:00 PM

## Registration

**YMCA Members: \$50**

**Non-members: \$75**

**Military: \$70**

Register at the Welcome Center, online. For availability call 315-755-9622.



## Pre Rally Red Ball, Red Ball 2 & Red Ball 3

YMCA Youth Tennis is using the United State Tennis Association's Net Generation Programs. Net Generation encourages kids to challenge themselves by learning, growing, and putting their own spin on the game. It helps shape the game to individual players, so they can learn at their own speed.

**Pre Rally Red Ball** is designed for kids to learn and improve on the fundamental movement skills that work on the ABC's (Agility, Balance & Coordination) along with sending receiving skills (rolling, tossing "underhand", throwing "overhand", and catching).

*Players are assessed by the coach and must pass to move on to the next level, Red Ball 3.*

**Red Ball 3 & Red Ball 2** is designed for kids to serve, rally and score while using athletic footwork and tennis skills. *Players are assessed by the coach and must pass to move on to the next level, Red Ball 3.*

### Monday & Wednesday

**Pre Rally Red Ball &  
Red Ball 3:**  
3-4 pm

**Red Ball 2:**  
4-5 pm

### Program Dates

**Mondays:**  
July 8, 15, 22

**Wednesdays:**  
July 10, 17, 24