

# Youth Clinics

## LITTLE KICKERS INDOOR SOCCER CLINICS

Let's get those feet moving! Join the fun in our Indoor Soccer Clinic! This clinic focuses on the BASIC skills & drills to players new to the sport. This is not designed for advanced players. A new soccer drill will be taught each week and previous skills will be practiced over 6 Saturday sessions. The last week will be a scrimmage game. Our Parks and Rec reversible jersey is required. Clinics are held on Saturdays at the Bettendorf Community Center gymnasium.



4-5 yr olds: 12:45-1:30

6-8 yr olds: 11:30-12:30

Session 1: Saturdays Sept 21-Oct 26 (Deadline 9/19)

Session 2: Saturdays Nov 2-Dec 14 (Deadline 10/31)

NO CLINIC 11/30

**Cost: \$35**

## LITTLE ALL STARS BASKETBALL CLINICS

Shoot! Score! Defense! This is a clinic that focuses on teaching your little all-star the BASIC skills and drills to players new to the sport. This is not designed for advanced players. A new basketball skill will be taught each week and previous skills will be practiced over the 6 Saturday sessions. The last week will be a scrimmage game. Our Parks & Rec reversible jersey is required. Clinics are held on Saturdays at the Life Fitness Center gymnasiums.



Girls (6-10yrs): 9:00-10:00

Boys (6-10yrs): 10:15-11:15

Tiny Tots (4-5yrs): 11:30-12:30

Session 1: Saturdays Sept 21-Oct 26 (Deadline 9/19)

Session 2: Saturdays Nov 2-Dec 14 (Deadline 10/31)

NO CLINIC 11/30

**Cost: \$35**

## LITTLE SPIKERS VOLLEYBALL CLINICS

It is time to BUMP, SET, and SPIKE that ball in our beginners volleyball clinic! This clinic is designed to teach both girls and boys the BASIC fundamentals of volleyball, and is not designed for the advanced player. Participants will learn new skills and drills each week, while practicing skills previously learned. The last day of the session, they will put their skills to the test with a scrimmage game. Clinics are held on Saturdays at the Bettendorf Community Center gymnasium. Our Parks & Rec reversible jersey is required. All participants will receive a ribbon.

6-8 yr olds: 1:00-2:00

9-12 yr olds: 2:15-3:15

Session 1: Saturdays Jan 11-Feb 15 (Deadline 1/9)

Session 2: Saturdays Feb 22-Mar 28 (Deadline 2/20)

**Cost: \$40**

**Registration begins August 12. Register early! ALL prices increase by \$10 one week prior to registration deadlines.**

**LITTLE POMS CHEER CLINICS** RAH! RAH! RAH! This FUN clinic will introduce very basic cheers and skills of cheerleading. Each week, cheerleaders will learn new cheers and practice ones they learned in previous weeks. They will also learn jumps and simple tumbling moves. Participants will showcase all of their new skills on the last day of each session, which parents are invited to attend. Our Parks & Rec reversible jersey is required. All participants will receive a medal for participation. Clinics are held on Saturday Mornings at the Life Fitness Center.



COED 4-6 yrs: 9:00-9:45

COED 7-11 yrs: 10:00-11:00

Session 1: Saturdays, Mar 21-Apr 25 (Deadline 3/19)

NO CLINIC 4/11

Session 2: Saturdays, May 2-Jun 6 (Deadline 4/30)

NO CLINIC 5/23

**Cost: \$35**

## WINTER SPORTS & GAMES CLINICS

Looking for a fun place for your child to burn some energy, try new games, and practice good sportsmanship? Winter Sports & Games is the program for you! This program will meet every Sunday from 1:00-3:00 pm in the 3rd gym at the Life Fitness Center.



COED for 6-12 Year Olds

Session 1: Nov 3-Dec 15 (Deadline 10/31)

NO CLINIC 11/24

Session 2: Jan 5-Feb 9 (Deadline 1/2)

Session 3: Feb 16-Mar 22 (Deadline 2/13)

**Cost: \$35**

**SKIING & SNOWBOARDING CLINICS** Take on a new challenge this winter! Participants will meet in the Splash Landing parking lot and be taken by bus to Snowstar Ski Resort in Andalusia, IL. The bus departs promptly at 5:15pm and returns at 8:15pm. The participants are required to ride our designated bus to and from the resort. Participants of all skill levels are welcome. You may provide your own skis or board, but the fee below includes rentals if needed. For your safety, all boards will be approved by Snowstar staff upon arrival. Boards are required to have continuous metal edges, not plastic, with bindings mounted to the board. Snowstar staff will place participants with appropriate instructors according to their skill level. Group lessons for downhill skiing and snowboarding will emphasize fundamentals and safety including proper use of equipment, how to use the skis/boards, turn and control speed, and how to fall and get back up. Participants will receive a one hour lesson each of the first three nights. On the last night, participants will get to show off what they learned on the slopes! Families are welcome to visit at night, but participants will still be required to travel to and from the resort on our designated bus. Those who complete the program earn a Snowstar Gold Pass for the remainder of the season!

COED for Ages 7+

Session 1: Tuesdays Jan 7-28 (Deadline 1/5)

Session 2: Thursdays Jan 9-30 (Deadline 1/7)

**Cost: \$195**