

BUILDING HAPPIER & HEALTHIER KIDS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FLANAGAN COMMUNITY CENTER

61 Limerock Street

Rockland Maine 04841

207.594-0321 • www.penbayymca.org

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Fall I Session: September 3 – October 27

SPORTS & PLAY

YOUTH SOCCER

KINDERGARTEN SOCCER CLINIC

The Kindergarten program helps familiarize children with the basics of the game of soccer by teaching fundamentals in a fun & controlled atmosphere. Each day will consist of varied skills, drills, and modified games that are loaded with fun. Register your child today and begin making great sports memories.

The program meets once per week -

Saturdays: 11:30 AM - for 6 weeks

Grade: Kindergarten

Registration Dates: August 19 - September 11

League Dates: September 14 - October 19

League Cost: \$40.00

Location: Kenniston Field - Old County Road, Rockland

1ST / 2ND SOCCER

The philosophy of our 1st/2nd soccer programs is to promote a fun learning experience in an organized environment. The program will help each child improve on the skills of the game from the beginning to the end of the season through sound coaching. Our volunteer coaches will place emphasis on teaching the fundamentals, working as a team and having fun. Register your child today and begin making great sports memories.

Teams will have one week night practice and one game each Saturday @9:00 AM

Grades: 1st & 2nd

Registration Dates: August 19 - September 6

League Dates: September 14 - October 19

League Cost: \$40.00

Location: Kenniston Field - Old County Road, Rockland

3RD / 4TH TRAVEL SOCCER

Our 3rd/4th grade league is designed to teach players soccer skills, teamwork and sportsmanship in an environment where participation and fun are the main focus, not competition. The primary goal of this league is for all participants to have the opportunity to learn the game of soccer. So sign up, meet some new friends, and have a ball!

Teams will have one practice and up to two games per week

Grades: 3rd & 4th

Registration Dates: August 19 - September 6

League Dates: September 14 - October 19

League Cost: \$40.00

Practice Location: Old County Road, Rockland

Game Locations: Travel - Various



5TH / 6TH TRAVEL SOCCER

Come and join the fun with our 5th/6th Fall Soccer League. Players will have a great opportunity to develop fundamentals, work as a team and make some new friends in a game type setting. Don't miss out on the action! This age group plays in a local travel league with nearby towns.

Teams will have up to two practices and two games per week

Grades: 5th & 6th

Registration Dates: August 19 - September 6

League Dates: September 14 - October 20

League Cost: \$40.00

Practice Location: MacDougal Park, Rockland

Game Locations: Travel - Various

FREE SOCCER CLINICS!

Come join in these free clinics run by the Oceanside Varsity Soccer coaching staff and players. Get a kick start on the upcoming Soccer season. The Rockland Harbor YMCA, Thomaston Rec Dept., and Cushing Rec Dept. will be taking Youth Soccer League registrations at the clinics. Come to one or both!

WHO: RSU 13 Students Grades K-6th

DATES: August 28 & September 4

TIMES: Both Clinics will run 6:00-7:00 PM

WHERE: Oceanside Varsity Practice Field
(Behind the TGS playground)



HOW DO I SIGN UP MY CHILD?

In-house at any Y location or online at penbayymca.org and click on the Program Offerings page, key word: Soccer.

ADULT PROGRAMS

MEN'S ADULT & HIGHSCHOOL BASKETBALL

Ages 16 and up!

This is simply a time set aside for the older crowd to put together some pick up games. Open gym will run each Wednesday from 6-7:45 PM. So...lace up your sneakers and come join the fun. Please observe the Y core values of Caring, Honesty, Respect and Responsibility during your game.

Wednesday: 6:00-7:45 PM

Cost : Free Members / \$15 Participants (session)

Location: Flanagan Community Center

ADULT PICK-UP VOLLEYBALL

Ages 18 and up!

Stay in shape with a sport the Y invented, volleyball! The Flanagan Community Center has an indoor volleyball court just waiting for your group. Adult Volleyball will be "pick-up" style play, where new teams will be formed weekly. This will be a fun way to get exercise and work on your volleyball skills. All abilities are welcome and encouraged to participate.

Tuesday: 6:00-7:45 PM

Cost: Free Members / \$5 drop in Participants

Location: Flanagan Community Center

WOMEN'S ADULT & HIGHSCHOOL BASKETBALL

Ages 16 and up!

This is gym time set aside for women to get together and put together some pick up games. The women's basketball will run each Monday from 6:00 to 7:45 PM. So...lace up your sneakers and come join the fun. Please observe the Y core values of Caring, Honesty, Respect and Responsibility during your game.

Monday: 6:00-7:45 PM

Cost : Free to Members / \$15 Participants (session)

Location: Flanagan Community Center

Flanagan Community Center BIRTHDAY PARTIES! BOOK YOUR PARTY TODAY!

- Game Room
- Basketball
- Bounce House

**Call today!
594.0321**

