

BUILDING HAPPIER & HEALTHIER KIDS

SPORTS & PLAY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FLANAGAN COMMUNITY CENTER

61 Limerock Street

Rockland Maine 04841

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Fall I Session: September 4 – October 28



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 today your child today and begin making great sports memories.

The program meets once per week on Saturday @ 11:00 AM for 6 weeks.

Grade: Kindergarten

Registration Dates: August 20 to September 14

League Dates: September 15 to October 20

League Cost: \$35.00

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 today your child today and begin making great sports memories.

Teams will have one week night practice and 1 game each Saturday.

Grades: 1st & 2nd

Registration Dates: August 20 to September 5

League Dates: September 15 to October 20

League Cost: \$35.00

Location: Kenniston Field, Old County Road, Rockland

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.

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 being all participants has the opportunity to learn the game of soccer. So sign up and meet some new friends and have a ball!

Teams will have 1 practice and up to 2 games per week.

Grades: 3rd & 4th

Registration Dates: August 20 to September 5

League Dates: September 15 to October 20

League Cost: \$35.00

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 2 games and 2 practices per week.

Grades: 5th & 6th

Registration Dates: August 20 to September 5

League Dates: September 15 to October 21

League Cost: \$35.00

Practice Location: Snow Marine Park, Rockland

Game Locations: Travel - Various

FREE SOCCER CLINICS!



Come join in this free clinic run by the Oceanside Varsity Soccer coaching staff and players. Get a kick start on the upcoming Youth Soccer season. The Rockland Harbor YMCA, Thomaston Rec Dept., and Cushing REC dept. will be taking Youth Soccer League registrations at the clinics.

WHO: RSU 13 Students Grades K-6th

DATES: August 29 & September 5

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

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

ADULT PROGRAMS

MEN'S ADULT & HIGHSCHOOL BASKETBALL

Ages 16 and up!

This is simply a couple hours set aside for the older crowd to put together some pick up games. Open gym will run each Sunday from 6-8 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: 6:00-8:00 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 Rockland 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: 6:00-8:00 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 7:30 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: 6:00-8:00 PM

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

Location: Flanagan Community Center

ADULT PICKLEBALL

Ages 18 and up!

Pickleball is designed to be easy to learn and play, whether you're five, or eighty-five or somewhere in between. Played with a paddle on a court or in the yard, Pickleball is a cross between badminton, tennis, and ping pong.

Session Dates: September 5th - 25th

Location: Flanagan Community Center

Wednesday & Friday: 8:30-10:30 AM

Cost: Free to Members / \$5 drop in for Participants

Flanagan Community Center BIRTHDAY PARTIES! BOOK YOUR PARTY TODAY!

- Game Room
- Basketball
- Bounce House

**Call today!
594.0321**

