

**WHERE ALL PLAYERS
ARE MOST VALUABLE!**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPORTS & PLAY

FLANAGAN COMMUNITY CENTER

A Program Center of the Rockland Harbor YMCA

SPRING HOURS:

Mon.-Fri: Noon-8 PM • Saturday: 10 AM-6 PM • Sunday: Closed

FLANAGAN COMMUNITY CENTER

61 Limerock Street • Rockland, Maine 04841

207.594.0321 (RCC) • 207.593.8500 (RHY)

www.penbayymca.org

Benjie Blake - bblake@penbayymca.org

Spring I Session: February 25 - April 14

YOUTH DODGEBALL

Grades 3-6

The youth DODGEBALL program will focus on basic skills of the game being developed through games and activities. Having good sportsmanship and respect for one another are key components to creating a fun and exciting atmosphere.

Session Dates: February 26 - April 9

Registration Deadline: Friday, February 22

Location: Flanagan Community Center

Tuesday: 4:00-5:00 PM

Cost: \$20 (Min 10 / Max 20)



CO-ED 3 VS. 3 YOUTH BASKETBALL

Grades 5-8

The Co-Ed 3 vs. 3 Youth basketball will be a pick-up style hour of basketball for youth grades 5 thru 8. Each week we will reassign teams based on the number of participants and play a round robin format. The 3 vs 3 Youth Basketball will strive for a competitive and fun for all atmosphere that will stress sportsmanship.

Session Dates: February 28 - April 11

Registration Deadline: Friday, February 22

Location: Flanagan Community Center

Thursday: 4:00-5:00 PM

Cost: \$20 (Min 9)

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 Monday 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.

League Dates: March 5 - April 16

Location: Flanagan Community Center

Monday: 6:00-8:00 PM

Cost : Free Members / \$15 Participants

Rockland Community Center
BIRTHDAY PARTIES!
BOOK YOUR PARTY TODAY!



- Game Room
- Basketball
- Bounce House

Call 594.0321

WOMEN'S ADULT 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 Thursday from 6:00pm to 8:00pm. 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.

Session Dates: February 28- April 15

Location: Flanagan Community Center

Thursday: 6:00-8:00 PM

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

ADULT PICK-UP VOLLEYBALL

Ages 18 and up!

Drop in for a night of fun playing volleyball. All skill levels are welcome. This is pick-up style volleyball, so there is no need of having your own team, just show up with sneakers and be ready to have a good time with other adults with an interest in volleyball.

Session Dates: February 26 - April 15

Location: Flanagan Community Center

Tuesday: 6:00-8:00 PM

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

ADULT TEAM DODGEBALL

Ages 18 and up!

It is time to gather up the best thrower and dodgers in your contact list and join in the fun of our Adult Team Dodgeball League. This is a great way to have some laughs with friends and make some new ones while getting your daily exercise. Teams will need to supply their own uniforms, these will be at the discretion of the team. You may have uniforms made, make your own or simply wear like colors. **There will be an open fun night of pre-season play Wednesday February 13th @ 6:00 PM at the Flanagan Community Center.** This will be a fun night of play and will be used to go over rules and procedures.

League Dates: February 13 - April 10

Registration Deadline: February 14

Location: Flanagan Community Center

Wednesday 6:00 - 8:00 PM

Cost: \$150.00 / Team (of at least 6)

DID YOU KNOW?

The Y offers FREE Flanagan Community Center youth memberships to all kids in grades K-12!