



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUMP SET TEAM!

CYC
of Pittsfield



CYC GIRLS VOLLEYBALL Berkshire Family YMCA, Pittsfield Branch

The YMCA's CYC Girls Volleyball offers instruction and practice in a fun and supportive environment that emphasizes character development, teamwork, and good sportsmanship. Playing volleyball helps build agility, coordination, speed and balance, and improves hand-eye coordination. Volleyball requires that teammates work cooperatively and at a fast pace, which can help improve interpersonal skills as well. Playing volleyball may also enhance energy level and improve overall performance in other sports and workouts.

The YMCA's Youth Sports Programs help kids become not only better players, but better people as well. It's a progressive program, with multiple age-specific levels. Every child gets to play and the games are safe, exciting and fun. We encourage fair play, positive competition, and family involvement.

CONTACT: Brandon R., 413-499-7650 x233, brousseau@bfymca.org
WHO: Girls Grades 5-8 WHEN: March 20 - May 15, 2018
COST: Youth Members: \$40 | Family Members: \$30

*To participate, active YMCA Membership is required for the duration of the program.
Membership Rate: \$42 - Youth (6mths-12yrs) | Teen (13-19 yrs) \$10/mth

BERKSHIRE FAMILY YMCA | BFYMCA.ORG

