



**2010  
YMCA + LSA**

**Winter Footskills**

*January and February 2010*

*Ages 3-14*



Location: Lakewood YMCA Main Gym

Dates: Sundays - Jan. 10, Jan. 17, Jan. 24, Jan. 31  
Feb. 7, Feb. 14, Feb. 21 and Feb 28

Times:	1:00 – 1:50pm	U3-U4 year old Boys and Girls
	2:00 – 2:50pm	U5-U6 year old Boys and Girls
	3:00 – 3:50pm	U7-U8 year old Boys and Girls
	4:00 – 4:50pm	U9+ year old Boys and Girls

\* Age groups per time slot may change depending on number of signups. Extra timeslots may be added as needed to balance the groups.

Director: ***Coach Pat Spellacy***

Overview:

- This program includes EIGHT 50 minute sessions with Coach Pat Spellacy and helpers.
- Rec. and Travel Players will be grouped by age and skill level.
- We will focus on enhancement of individual skills especially dribbling and passing.
- We will have small indoor Futsal scrimmages every other week.
- Give your player a leg up for the spring season.
- Please wear gym shoes, bring a ball and water bottle.

Cost: **YMCA members - \$10.00 per player**  
**Program members - \$20.00 per player**  
(There is a once yearly \$25 program participant fee if you are not a member)