



We have a proud history teaching basketball.

YMCA

Did you know...

In 1891, James Naismith invented the game of basketball at the YMCA Training School In Springfield, Massachusetts. We at the Eden Area YMCA are proud to continue this tradition by offering an introductory basketball skill development program.

Our Program...

This program, run by experienced and knowledgeable YMCA staff, is designed to teach the fundamentals of basketball to children in Kindergarten to 5th grades. Participants will learn the rules and essence of the game, as well as individual skills such as dribbling, passing and shooting by participating in drills and game play. They will learn teamwork and good sportsmanship in a safe, fun and positive setting.

Our Goal...

Our goal is to create an atmosphere that will encourage youth to continue their involvement in sports and fitness, perhaps for a lifetime.



Youth Basketball Skill Development Program



Who: Boys and Girls in Kindergarten – 5th grades

When: Saturdays, March 6, 13, 20 & 27, 2010

**Where: Eden Area YMCA
951 Palisade Street
Hayward, Ca 94542**

**Time: 10:30 – 11:30 am (K - 2nd grades)
12:00 – 1:00 pm (3rd – 5th grades)**

Program participants are also invited to attend **Parent/Child Open Gym** in conjunction with the program:

K to 2nd grade	10:00 -10:30 am
3rd to 5th grade:	1:00 – 2:00 pm

Open Gym sessions will give parents and children opportunity to practice new skills and have fun together!

REGISTER NOW!

\$60/4 weeks

Limited financial assistance available

For more information, please contact Jim Grogan (510) 435-4231 or jgrogan@ymcaeastbay.org

Eden Area YMCA

YMCA of the East Bay