

CUBBIES SPORTS

CUBBIES BASKETBALL • Ages 3-6 ▲

This 6 week program will teach players basketball skills such as dribbling, passing and shooting. The first two weeks will be clinical, and then the rest of the program the players will play on small courts and will receive a t-shirt. For more information contact Anthony Kenaston at 648-4611 or akenaston@gvrd.org.

Location: Hogan Middle School Large Gym

Cost: \$50/player resident
\$60/player nonresident

Program dates:

Feb 8-Mar 14, Wednesday 5:30-6:30pm
Feb 8-Mar 14, Wednesday 6:45-7:45pm

CUBBIES FLAG FOOTBALL • Ages 3-6 ▲

This 6 week program will teach our youngsters the basics of catching, passing and blocking. The first three Saturdays will be a clinic designed to teach the basic rules and divide players into teams. The following Saturdays will be instructional and intra-league play. For more information contact Anthony Kenaston at 648-4611 or akenaston@gvrd.org.

Location: Wardlaw Elementary School Soccer Field

Cost: \$50/player resident
\$60/player nonresident

Program dates:

Mar 10-Apr 14, Saturday 9am-10am



CUBBIES T-BALL

• Ages 3-6 ▲

This 6 week program will teach players baseball skills such as hitting, catching and base running. The players will play on small baseball fields. The parent can choose the day and time for the program.

Each player will receive a hat and t-shirt. For more information, please contact Anthony Kenaston at 648-4611 or akenaston@gvrd.org.

Location: Wardlaw Elementary School Soccer Field

Cost: \$50/player resident
\$60/player nonresident

Program dates:

Apr 24-May 29, Tuesday 5:30pm-6:30pm
Apr 24-May 29, Tuesday 6:45pm-7:45pm
Apr 25-May 30, Wednesday 5:30pm-6:30pm
Apr 25-May 30, Wednesday 6:45pm-7:45pm

CUBBIES SOCCER • Ages 4-6 ▲

This 6-week program is designed to introduce children to the basics of soccer including dribbling, passing and shooting. This program is a parent participation activity. Parents are required to remain at the park and participate in the clinics. Parents interested in coaching may sign up at the coaches table on the first day of the activity. Coaches may register up to 8 players. All fees for each player must be submitted at the same time to guarantee players are placed on the same team. NO EXCEPTIONS.

For more information, please contact Anthony Kenaston at 648-4611 or jkenaston@gvrd.org.

Location: Wardlaw Elementary School Soccer Field

Cost: \$50/player resident, \$60/player nonresident

Program dates:

Mar 13-Apr 17, Tuesday, 5:30pm to 6:30pm
Mar 13-Apr 17, Tuesday, 6:45pm to 7:45pm
Mar 14-Apr 18, Wednesday, 5:30pm to 6:30pm
Mar 14-Apr 18, Wednesday, 6:45pm to 7:45pm



QUICKSTART TENNIS

THE NEW WAY TO PLAY FOR KIDS 10 AND UNDER

QuickStart Tennis is a new format to help kids learn and play the game. To make it easier for them, we have changed the court size, the balls, the scoring system, and the net height.

Any child can start playing almost immediately, even if he/she has never picked up a racquet before. QuickStart stresses the importance of play and team competition.

Each participant must provide their own racquet.

For more information please contact Anthony Kenaston at 648-4611 or akenaston@gvrd.org. Instructor: Jeanne Guanzon

Cost: \$60/session

Kids ages 5-6 (court #1) and 7-10 (court #2)

Feb 4-25, Mar 10-31, Apr 7-May 5. No class 4/28

Saturday, 12:30-1:30pm-American Canyon High School

Saturday, 2:30-3:30pm-401 Amador Tennis Courts

**With a click of a mouse,
register from your own house!**

**Register Online
www.gvrd.org**



YOUTH SPORTS**YOUTH FLAG FOOTBALL • Ages 7-13 ▲
Are you Ready for some FOOTBALL**

This program is designed to teach the basic skills of football, passing, blocking, catching and plays. The 6 week program will consist of FOOTBALL PRACTICE ONLY and some games. We want to make sure your child has what it takes to come out and play during the regular season starting in summer. The following Summer we will offer a full season to play GAMES. Saturdays will be instructional and intra-league play. For more information, please contact Anthony Kenaston at 648-4611 or akenaston@gvrd.org.

Location: Wardlaw Elementary School Soccer Field

Cost: \$60/player resident, \$70/player nonresident

Program dates:

Mar 10-Apr 14, Saturday 10:30-11:30pm

Mar 10-Apr 14, Saturday 12:00pm-1:00pm

CO-ED WRESTLING AT**HOGAN MIDDLE SCHOOL • Ages 10-13 ▲**

The program will feature a dual meet and city championship. Each player will receive a t-shirt. All practices will be held at the middle schools after school. For more information, please contact Anthony Kenaston at 648-4611 or akenaston@gvrd.org.

Location: Hogan Middle School Large Gym

Cost: \$15/player

Program dates:

Dual Tournament, May 8,

Tuesday 3:00pm-6:00pm

City Tournament, May 9,

Wednesday 2:00pm-6:00pm

MIDDLE SCHOOL CO-ED VOLLEYBALL**• Ages 10-13 ▲**

This 6 week program will teach players basic volleyball skills such as hitting, spiking and setting. This league will have two clinical practices and then lead into League Play versus each other. After week two, we will choose teams based on skill and age. Each player will receive a t-shirt. For more information, please contact Anthony Kenaston at 648-4611 or akenaston@gvrd.org.

Location: Hogan Middle School, Small Gym

Cost: \$60/player resident, \$70/player nonresident

Program dates: Mar 13-Apr 17, Tuesday 6:30-7:30pm

MIDDLE SCHOOL BASKETBALL • Ages 10-13 ▲

This program is a more complete basketball League for our youth to join. We will give teams two weeks to practice/evaluate with their coaches. After the two weeks, we will play 4 League games against other teams. For more information please contact Anthony Kenaston at 648-4611 or akenaston@gvrd.org.

Location: Hogan Middle-Large & Small Gym

Cost: \$60/player resident, \$70/player nonresident

Mar 20-Apr 24, Tuesday 4:00-5:30pm (6 & 7th grade)

Mar 21-Apr 25, Wednesday 4:00-5:30pm (8th grade)

BASEBALL - Let's play BALL! • Ages 8-13 ▲

This 7 week program will focus on the basics of playing baseball. Your children will learn how to throw, catch, base run, hit, play defense, pitch, and so much more. We will have three weeks of clinical practice, and after that we will play 4 full games. The participants will hit off a pitching machine during the game. Each kid will receive a hat and t-shirt during the season. For more information contact Anthony Kenaston at 648-4611 or akenaston@gvrd.org.

Location: Dan Foley Artificial Sports Field

Cost: \$60/player resident, \$70/player nonresident

Program dates: Apr 10-May 22, Tuesday 5:30-7:00pm

The Mobile Lifeguard Unit

We guarantee to get you wet!

All ages welcome, bring a bathing suit and a towel. A team of highly trained Lifeguards from GVRD will bring the water fun to you!

Meet us for an exciting day of water games and water safety!

Dan Foley Park: 1pm-4pm

3/25, 4/15, 4/29, 5/27, 6/3, 6/10

Blue Rock Springs: 11am-2pm

3/24, 4/14, 4/28, 5/5, 5/26, 6/2, 6/9

Children's Wonderland: 3pm-6pm

3/24, 4/14, 4/28, 5/5, 5/26, 6/2, 6/9

If you would like us to provide your organization with water safety classes and swimming lessons, please call 707-648-4663 for information.

ADULT SPORTS**SATURDAY TENNIS CLINICS**

Beginner Junior level clinic is on foundation of stroke production, footwork, rules, and introduction to match play. The **Beginning/Intermediate Adult** level clinic emphasis is on stroke production, footwork, competitive drills, supervised match play, and strategy building. The **Intermediate Junior** level clinic emphasis is on basic strokes, competitive drills, supervised match play, and strategy building. Payment for Saturday clinics will also be taken on court before the session begins. For more information please contact Anthony Kenaston at 648-4611 or akenaston@gvrd.org.

Instructor: Jeanne Guanzon

Location: American Canyon High School Tennis Courts

Beginning Junior, ages 8-12

Cost: \$60/session

Feb 4-25, Mar 10-31, Apr 7-May 5
Saturday, 8:00-9:00am

Beginning/Intermediate Adult, ages 18+

Cost: \$70/session

Feb 4-25, Mar 10-31, Apr 7-May 5
Saturday, 9:00-10:30am

Intermediate Junior, ages 10-18

Cost: \$70/session

Feb 4-25, Mar 10-31, Apr 7-May 5
Saturday, 10:30-12:00pm

All levels, no class April 28

MEN'S BASKETBALL • Ages 18+

This basketball league will be this year's best! Do you think you have **GAME**? Come out and show us what you got! Each team is guaranteed 7 league games. If you have what it takes, then 1 playoff game and the final championship game! League champion will receive t-shirts and team trophy. For more information please contact Anthony Kenaston at 648-4611 or akenaston@gvrd.org.

Location: Hogan High School Gym

Cost: \$350/team

\$50 sportsmanship fee (refunded at the end of the season to teams who don't get penalized)

Program dates: Jan 30-Mar 19, Monday 6-9pm

**MEN'S SOFTBALL • Ages 18+**

League champions will receive t-shirts and trophies. Managers' meeting will be scheduled once all teams are signed-up. For more information please contact Anthony Kenaston at 648-4611 or akenaston@gvrd.org.

Location: Dan Foley Sports Field

Cost: \$350/team

\$50 sportsmanship fee (refunded at the end of the season to teams who don't get penalized)

Program dates: Feb 2-Mar 22, Thursday 6-10pm

CO-ED SOFTBALL • Ages 16+

We will play a guaranteed 6 seasonal games, 1 playoff game and then championship game. We will keep stats online so you can brag to your friends. Since we play on an artificial turf field, it's easier on the joints. League champions will receive t-shirts and trophies. Managers' meeting will be scheduled once all teams are signed-up. For more information please contact Anthony Kenaston at 648-4611 or akenaston@gvrd.org.

Location: Dan Foley Artificial Sports Field

Cost: \$350/team

\$50 sportsmanship fee (refunded at the end of the season to teams who don't get penalized)

Program dates: Feb 3-Mar 23, Friday 6-9pm

MEN'S ADULT FLAG FOOTBALL • Ages 18+

This is a 5 on 5 Men's Adult Football League. We play on an 80 yard field; it's the closest you will get to playing football. You, weekend Warriors, strap on those cleats and show us what you got! Each team is guaranteed an 8 game season with the possible 2 extra post season games. For more information please contact Anthony Kenaston at 648-4611 or akenaston@gvrd.org.

Location: Dan Foley Artificial Sports Field

Cost: \$350/team

\$50 sportsmanship fee (refunded at the end of the season to teams who don't get penalized)

Program dates: Apr 9-June 4, Monday 6-10pm

OPEN GYM BASKETBALL

For \$3.00 every Tuesday night, you can show us if you **GOT GAME** or not. Each player will have to sign a waiver and player contract form. Tell your friends about it. It's first come; first served. Open gym will be canceled only if there is a School Program that night. For more information please contact Anthony Kenaston at 648-4611 or akenaston@gvrd.org.

Location: Hogan High School Gym

Drop-in: \$3/player per night

Program dates: Jan 10-June 5, Tuesday 6-9pm