



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BUILDING CHARACTER DISCOVER POTENTIAL STAY ACTIVE

## YOUTH SPORTS SPRING FLAG FOOTBALL YMCA OF GREATER DES MOINES

The YMCA believes in nurturing healthy lifestyles and skills of our youth. Flag Football will be a great opportunity for your child to explore a new sport, develop their skills, increase their self confidence and work within a team atmosphere. Flag Football provides an opportunity for adults to be positive role models and serve our community through coaching!

### Ages

**Y-Rookies Clinics:** Preschool: 3-4 year olds | Kindergarten: 5-6 year olds  
**1st/2nd grade, 3rd/4th grade, 5th/6th grade, and 7th/8th grade Leagues**

### When/Where

**Y- Rookie Clinics:** April 7 - May 12 (5 weeks) **No games on April 21 due to Easter**

Clinics are held on Sundays in the early afternoon at the Waukee H.S. Practice Fields

The first 2 weeks will be practice followed by 3 weeks of games. All players receive a mouthpiece.

**1st-8th Grade Leagues:** April 7 - May 12 (5 games + 6 practices) **No games on April 21 due to Easter**

League games are played Sunday afternoons (vary 1:00-5:00pm) at the Waukee H.S. Practice Fields

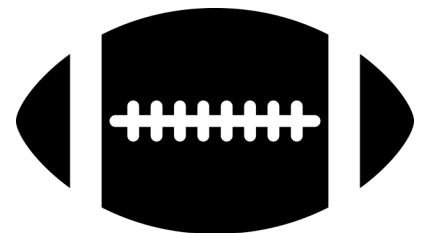
\*The time and location of practice will be determined by the coach. All players receive a mouthpiece.

### Registration Information

Registration begins Friday, January 25 and may be done online, at the Welcome Center or by calling 987-9996. **The registration deadline is March 25.**

### Rates

Y-Rookies Clinics: \$45 members/\$65 non-members  
1st-8th Grade Leagues: \$65 members/\$90 non-members  
\$15 All Sports Jersey\*  
*\*Required to participate*



### Contact:

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