



## 4K FLAG FOOTBALL PROGRAM INFORMATION

### FOND DU LAC FAMILY YMCA

#### OVERALL INFORMATION

- Please arrive 10 minutes prior to your session start time.
- YMCA staff member will direct you to the correct field - Field 4
- Bring a water bottle & wear comfortable athletic attire
- Cleats are allowed but not necessary (NO metal spikes)
- T-shirts will be distributed but will not be available by the first session

#### LOCATION:

**FOND DU LAC  
COUNTY  
CAMPUS**

See parking map  
on back.

#### 4K SCHEDULE

- September 20th – October 11th (4 weeks)

#### DESCRIPTION

This program teaches kids how to play together on the field with a no-contact version of football. Teams learn basic plays, good sportsmanship and the foundations of the game through drills with volunteer coaches. No officiated games are played.

Natalie Wondra  
Youth Sports & Adaptive Program Coordinator  
[nwondra@fdlymca.org](mailto:nwondra@fdlymca.org)  
920-921-3330 ext 306



**PROGRAM SESSION TIME:**  
**9:30 – 10:00 am**



## FLAG FOOTBALL PARKING MAP



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