



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.
- Bring a water bottle & wear comfortable athletic attire.
- Cleats are allowed but not necessary (NO metal spikes).
- Jerseys will be handed out the second week.

LOCATION:
TBD

4K SCHEDULE

- September 12th – October 3rd (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.

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PROGRAM SESSION TIME:
9:00 – 9:45 am