



## 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:

**UWO**

UNIVERSITY OF WISCONSIN OSHKOSH  
FOND DU LAC

See parking map  
on back.

#### 4K SCHEDULE

- September 16th – October 14th (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.

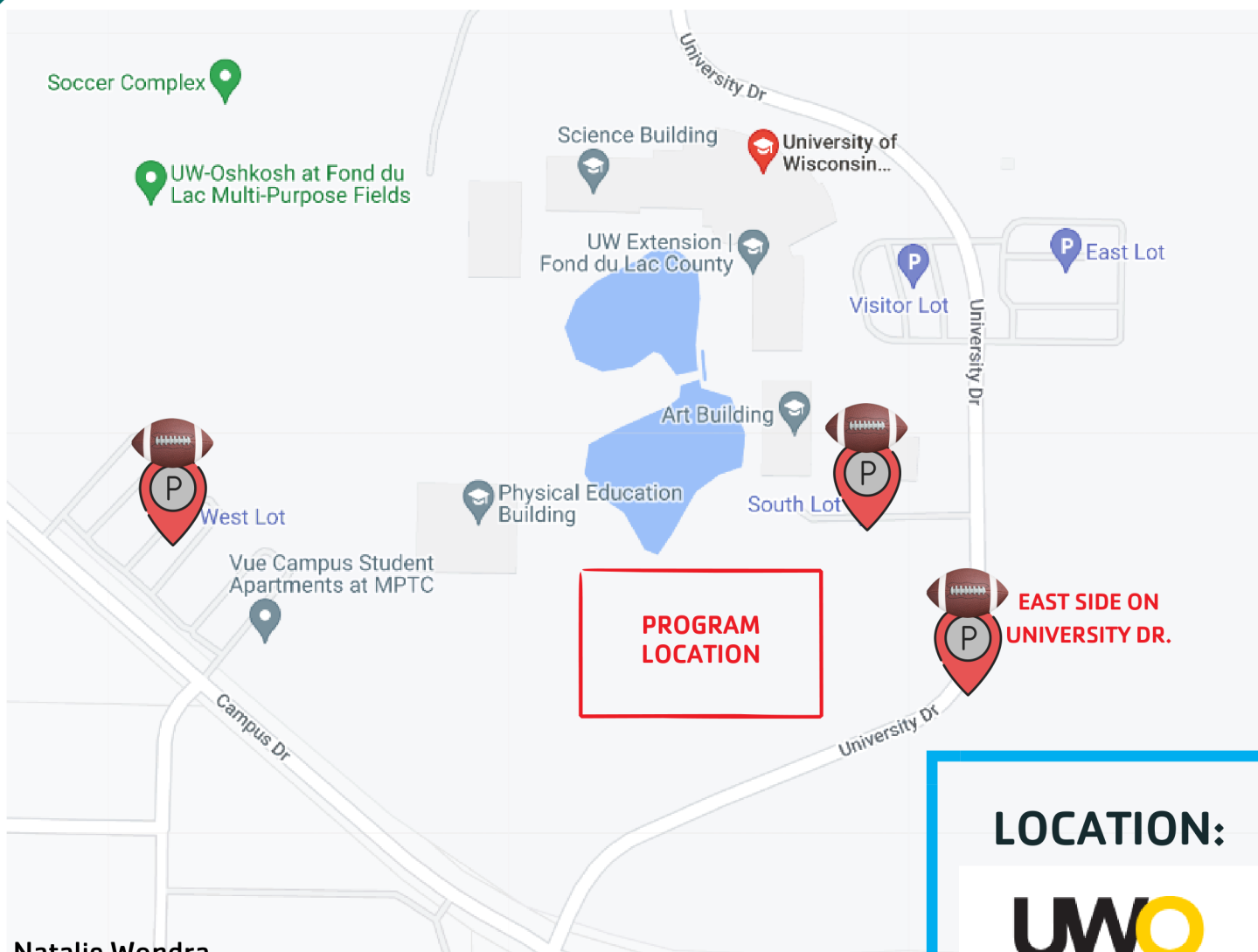
Natalie Wondra  
Youth Sports & Adaptive Program Coordinator  
nwondra@fdlymca.org  
920-921-3330 ext 306



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



## FLAG FOOTBALL PARKING MAP



Natalie Wondra  
Youth Sports & Adaptive Program Coordinator  
nwondra@fdlymca.org  
920-921-3330 ext 306

**LOCATION:**



UNIVERSITY OF WISCONSIN OSHKOSH  
FOND DU LAC