



**KIDS AGED 9 - 13 • GRADES 4 - 7**  
**ONLY \$100**

**Sunday, January 22, 29,  
February 5, 12, 26 & March 5**

The Vision Volleyball Club's (VVC's) Timbits Volleyball is a learn-to-play volleyball program for girls and boys aged 9 – 13. This grassroots volleyball program is the first step in a player's volleyball career with an emphasis on the **FUN**damentals of the game, stressing the importance of **FUN** in a non-competitive environment.

Young athletes who participate in Timbits will learn the basics of volleyball: overhead and forearm passing, hitting, serving and basic team movement, all while improving the basics ABC's of sport (agility, balance, co-ordination).

At Timbits Volleyball, the game environment is modified to increase early success.

**No previous volleyball experience is necessary!**

**Session 1 (Girls Grade 4) 9:00 AM to 10:15 AM**

**Session 2 (Girls Grade 5) 10:30 AM to 11:45 AM**

**Session 3 (Girls Grade 6-7) 12:00 PM to 1:15 PM**

**Session 4 (Boys) 1:30 to 2:45 PM**

**Widdifield Secondary, Ski Club Rd.**

Register at [www.visionvolleyball.ca](http://www.visionvolleyball.ca)

