



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAPLE PRIDE



Maple Pride Basketball Fundamentals & Fitness Program Starting the week of January 14th

Registration deadline is January 7th at the YMCA of Lenawee County

Build your school spirit, learn valuable skills and have fun! This program will run immediately after school until 5:30 p.m., with designated days being Monday, Tuesday, Wednesday, and Thursday (a different elementary school every day). We will focus on the sport basketball, healthy nutrition facts, and healthy snacks.

- Grades K-1st sessions meet for 4 weeks immediately afterschool until 5:30pm
- **Grades 2nd—5th sessions meet for 8 weeks** with the first 4 weeks meeting immediately afterschool until 5:30pm. **The last four weeks will be game play on Tuesday nights starting at 5pm (information on game play to come).**
- Weekly sessions will focus on teaching participants the fundamentals of basketball through grade specific curriculum designed by the Adrian High School varsity coaches
- Healthy snacks will be provided to go along with the CATCH curriculum nutrition education
- **All participants must register at the YMCA before being allowed to participate in the Program**
- **Program Days:**

Prairie (Mondays)	1/14, 1/28, 2/4, **2/11**
Lincoln (Tuesdays)	1/15, 1/22, 1/29, 2/5
Michener (Wednesdays)	1/16, 1/23, 1/30, 2/6
Alexander (Thursdays)	1/17, 1/24, 1/31 2/7

****Prairie students do not have school 1/21. We will have a make-up day 2/11 for Prairie.**

Dates: Specified days above. Starts the week of January 14

Time: Practices will be held after school dismisses, until 5:30pm

Fee: Grades K-1st \$5 & Grades 2nd—5th \$10

Grades: K—5th

Location: School Gymnasium

REGISTER AT:

YMCA OF LENAWEE COUNTY

638 West Maumee Street

Adrian, MI 49221

(517) 263-2151