



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPORTS & GAMES

FOR CHILDREN AGES 6-10 YEARS

LAKELAND HILLS FAMILY YMCA

*OPEN TO THE COMMUNITY*

## SPORTS & GAMES

Your child will learn and play different sports each week in a fun and encouraging environment. In addition to the traditional standards of basketball and soccer, unique new games such as the international game of Tchoukball and GaGa (using our inflatable indoor pit) will ignite your child's interest.

- Ages 6 -10 years
- Saturdays 9:15-10:00am
- \$68 members & \$102 non-members

## PARKOUR

This sport uses movement developed from obstacle course training. Children will have a blast as they climb, swing, jump, roll and navigate through, over and under equipment in a safe but fun environment.

- Ages 6+ years
- Thursdays 5:00-5:45pm
- Once per week for \$68 members & \$102 non-members

## CONTACT

Dave Nunez: [Daven@Lhymca.com](mailto:Daven@Lhymca.com)



## LAKELAND HILLS FAMILY YMCA

100 Fanny Road, Mountain Lakes, NJ 07046

P 973 334 2820 F 973 334 1308

[www.lakelandhillsymca.com](http://www.lakelandhillsymca.com)

19FL1 YPESPORTSGAMES  
19FL1 YPEPARK