**FALL YOUTH TENNIS**

Get in the game! Come out and learn basic tennis skills and have fun playing tennis related games. Bring a racquet and water. All lessons instructed by Central Penn Tennis Instructors. **Instructor will contact you directly via telephone in the event of weather related cancellations.**

**Roof Park, Fairview Township**
Saturdays, September 9 - 30

A. Ages 5-7:
1:15-2:00 pm
Cost: $30; **discounted resident rate:** $23

B. Ages 8-12 (Beg):
2:00-3:00 pm
Cost: $39; **discounted resident rate:** $30

Cedar Cliff High School
Sundays, September 10 – October 1

D. Ages 5-7:
1:15-2:00 pm
Cost: $30; **discounted resident rate:** $23

E. Ages 8-12 (Beg):
2:00-3:00 pm
Cost: $39; **discounted resident rate:** $30

**FLAG FOOTBALL CLINIC**

Have a blast learning flag football skills such as passing, receiving and flag pulling in an air conditioned facility on the turf surface! No special equipment required, just a t-shirt, shorts and sneakers. For ages 6-17.

Instructor: Yellow Breeches Sports Center staff.

Saturdays, 9-10 am
September 16 – October 28
Yellow Breeches Sports Center –
700 Shawnee Ct, New Cumberland
Cost: $26; **discounted resident rate:** $20

**ACTIVITIES FOR ADULTS 18+**

**HIGH SCHOOL & ADULT TENNIS**

Dust off your racquet and get moving! Beginner players can learn and develop the strokes, strategies, and rules of this fun lifetime sport. Ages 15 & up. Bring a racquet and water. **Instructor will contact you directly via telephone in the event of weather related cancellations.**

**Sundays, 12-1 pm**
September 10 – October 1
Cedar Cliff High School – lower courts
Cost: $39; **discounted resident rate:** $30

**PICKLEBALL**

Pickle what? It is spreading like wildfire across the country, so get in on the fun! Pickleball combines elements of tennis, badminton and ping pong into a paddle sport that is easy to learn and appropriate for all skill levels. Simple rules and minimal equipment (paddle and plastic ball) will get you playing quickly. Ages 15 & up. Bring a paddle and water. Instructor: Tony Cooper. **Instructor will contact you directly via telephone in the event of weather related cancellations.**

**Saturdays, 12-1 pm**
September 9 - 30
Roof Park – tennis/pickleball courts
Cost: $36; **discounted resident rate:** $28

**WOMEN’S SOCCER CLINIC**

Have fun in this instructional clinic that will focus on skills training. No special equipment required, just a t-shirt, shorts and sneakers or cleats. For beginners ages 18 & up. Instructor: Yellow Breeches Sports Center staff.

**Wednesdays, 6-7 pm**
September 13 – October 18 (no 10/11)
Yellow Breeches Sports Center –
700 Shawnee Ct, New Cumberland
Cost: $26; **discounted resident rate:** $20

**MEN’S BASKETBALL**

Enjoy evenings of informal competition for fun and exercise. Teams formed on a weekly basis.

**New Cumberland Middle School**
Wednesdays, 7:30-9:30 pm (12 weeks)
September 13 – December 6 (no 11/22)
Cost: $65; **discounted resident rate:** $50
Plus WSSD facility use fee: $33/person

**SCHOLARSHIP AVAILABLE**  **HEART HEALTHY ACTIVITY**