

**COSUMNES COMMUNITY SERVICES DISTRICT
PARKS AND RECREATION DEPARTMENT**



Force Volleyball Training Team

Age 7-12

Learn passing, setting, hitting and serving with the Force Volleyball Club coaches. Classes focus on basic training for those who have little or no experience. Aspects of serve/receive and team defense will be covered towards the end of the session.



Wackford Complex, Gym

9014 Bruceville Road

Mondays & Wednesdays

3:45 – 4:45 pm

\$100

Instructor: Kristen Williams

Jan. 9 – Feb. 6* (#37701)

Feb. 27 – March 21 (#37702)

April 9 – May 2 (#37703)

**No class January 16*



Create your CSD moment.



405-5300 • 684-7550 • 405-5600 • www.yourcsd.com • Remember to pre-register.