

*Tim Hortons*

# TIMBITS VOLLEYBALL



**KIDS AGED 9 - 13 • GRADES 4 - 7**

**FEBRUARY and MARCH**

Vision Volleyball Club along with NBYVC presents the Timbits Volleyball 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!**

**February 21 - 28**  
and

**March 13 - 27**

**9 am - 2:45 pm**

(Session times to be announced)

**CFB Base Gym, Hornell Heights  
29 Duxford Rd., North Bay, ON**

Register at

**[www.visionvolleyball.ca](http://www.visionvolleyball.ca)**



**NBYVC  
LAKERS**

