

IMPORTANT! KEEP THIS ALL SEASON!



Adapted Volleyball

Learn the basics of the game of volleyball. Athletes will work on passing, setting, serving and positioning on the court. Eligible athletes must have a primary physical disability.

The goal of this program is to promote fitness, work on hand-eye coordination and build self confidence.

Program Leader	Ben Berg benberg@fvsra.org
Location:	VAC
Date(s):	Wednesdays, Feb 15-Mar 14
No Program Dates	
Time:	4:00pm-5:00pm
Program Code:	312-8504-0-5

Location	Drop Off	Pick Up
If meeting at the Site,	4:00pm	5:00pm

Notes:

- Please wear appropriate workout attire (closed toe shoes, T-shirt, NO JEANS, supportive undergarments, etc).

**FVSRA is still accepting enrollment.
Please contact Ben Berg for more
information.**

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