



Co-ed Volleyball for all ages!



Offered through Southbury Parks and Recreation – Register at <https://southburyct.myrec.com>



- **Ages 18+ Adult Co-ed – Invite your family and friends!**

Play outdoor volleyball this summer on grass courts! Adults 18+ will gather weekly, create new teams and play games to encourage a spirit of collaboration and teamwork.

Location: Settlers Park, 280 Crook Horn Rd, Southbury, CT

Date: Wed 7/3/2024 - 8/28/2024

Time: 6:30-7:30pm

Cost: \$60 Res / \$78 non

- **Bump! Set! Spike! – Invite your family and friends!**

- **High School/College Co-ed Ages 15 - 22**

This volleyball program is intended for student-athletes to continue competitive play weekly through the summer in a fun, familiar and LOCAL setting. Designed to complement elite club training or provide stand-alone competition with other local high school and college athletes.

Location: Settlers Park, 280 Crook Horn Rd, Southbury, CT

Date: Wed 7/3/2024 - 8/28/2024

Time: 6:30-7:30pm

Cost: \$100 Res / \$120 non

- **Middle School Competitive League – Age 11-14**

This volleyball league for advanced 7-9th grade students is ideal for pre-high schoolers to sharpen their volleyball skills, by competing weekly in a competitive, fun and familiar environment with their peers. Teams will get re-sorted weekly. Coach Daniela Walsh will offer suggestions and constructive feedback for these athletes to maximize their volleyball talent. Ten-minute warm up drills simulating HS level mobility will reinforce basic skills on a weekly basis.

Location: Settlers Park, 280 Crook Horn Rd, Southbury, CT

Date: Wed 6/26/2024 - 8/28/2024

Time: 5:15 – 6:15pm

Cost: \$100 res/ \$120 non

- **Middle School Beginner Camp – Age 10 - 12**

Join long-time coach Daniela Walsh and learn to Bump! Set! Spike! Each athlete will be given feedback individually from instructors who have competed in High School and Division I College level. This session is for players interested in learning the basic skills of volleyball. It is designed to help young athletes develop proper technique in this popular sport, while acclimating them to game playing each evening.

Location: Settlers Park, 280 Crook Horn Rd, Southbury, CT

Date: Mon 6/17/2024 - 6/20/2024

Time: 6pm-7:15pm

Cost: \$100 Res / \$120 non

