

Athletic Clinics

Instructional Basketball Clinic for Boys & Girls (Grades K - 3)

\$20/child (Session 1 – February 4 - 24)

This clinic will provide knowledge of ball handling, dribbling and shooting. The registration fee includes the 4-week program and a clinic t-shirt.

Fundamentals of Basketball for Boys & Girls (Grades 4 - 6)

\$20/child (Session 1 – February 4 - 24)

This program will consist of building fundamental basketball skills and playing games.

Boys Baseball Skills Clinic (Grades 1 - 6)

\$20/child (Session 2 – March 3 - 24)

This clinic will provide basic knowledge and skills of baseball including fielding, throwing and hitting. The registration fee includes the 4-week program and a clinic t-shirt.

Girls Softball Skills Clinic (Grades 1 - 6)

\$20/child (Session 2 – March 3 - 24)

This clinic will provide basic knowledge and skills of softball game play including fielding, throwing and hitting. The registration fee includes the 4-week program and a clinic t-shirt.

Girls Volleyball Skills Clinic (Grades 1 - 6)

\$20/child (Session 2 – March 3 - 24)

This clinic will provide instruction in the basics of volleyball game play. The registration fee includes the 4-week program and a clinic t-shirt.

Open Gym (Grades 4-8) and Dodge Ball (Grades 6-8):

\$2/child (\$5/family max) per day or FREE if parent stays to supervise.
No registration required for open gym or dodge ball.

Notes:

- Please make arrangements to pick up your child at the end of their scheduled activity.
- If Saturday Recreation activities are cancelled due to inclement weather, it will be announced on radio & television. Dates will










New this year: YOGA Basics Lab for Adults!

9:30-10:30 in the high school teacher's lounge

\$10 drop-in fee per person each week. No registration required!

Have fun, empower yourself and burn stress away! Beginners, recovering from injury, or returning to your practice? This is the class for you. Build strength, improve balance and gain greater flexibility while learning fundamentals of yoga. Come join in the fun.

Saturday Recreation Gym Schedule

	Session 1 (February 3-24)		Session 2 (March 3-24)	
	Large Gym	Small Gym	Large Gym	Small Gym
9:00am to 10:00am	 Boys Basketball Grades K-3	 Girls Basketball Grades K-3	 Baseball & Softball Grades 1-6	 Baseball & Softball Grades 1-6
10:00am to 11:00am	 Girls Basketball Grades 4-6	 Boys Basketball Grades 4-6	 Girls Volleyball Grades 1-6	Open Gym Grades 4-8
11:00 am to 12:00pm	Open Gym Grades 4-8	 Grades 6-8	Open Gym Grades 4-8	 Grades 6-8

**Orchard View
Saturday Recreation Program
Registration Sheet**

Name: _____

Grade: _____ Male Female

Parent Name: _____

Phone Number: _____

Emergency Contact: _____

Phone Number: _____

Payment Enclose (Amount): _____

T-Shirt Size (Youth Clinics Only): _____
(Sizes available: Youth: S, M, L /Adult: S, M, L, XL)

**Please complete one form per person.
Form may be duplicated.**

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- Boys Basketball (Grades K-3) – Session 1 – \$20.00
 - Girls Basketball (Grades K-3) – Session 1 – \$20.00
 - Boys Basketball (Grades 4-6) – Session 1 – \$20.00
 - Girls Basketball (Grades 4-6) – Session 1 – \$20.00

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- Baseball (Grades 1 - 6) – Session 2 - \$20.00
 - Softball (Grades 1 - 6) – Session 2 - \$20.00
 - Girls Volleyball (Grades 1 - 6) – Session 2 - \$20.00

Checks are made payable to:
Orchard View Community Education

**Orchard View
Saturday Recreation Program**



**Saturdays
February 3 – March 24
Orchard View High School
16 N. Quarterline
Muskegon, MI 49442**

The OV Saturday Recreation program offers a number of athletic clinics for grades K-6, open gym and dodge ball for middle school age youth, and Yoga classes for adults.

Please complete the registration form and return it with your payment to your school office or to **Community Education** by January 26.

For more information:
Call 231-760-1350