



Flag Football (Ages 5-7)

Activity #: 631643

Flag Football provides a fun and exciting opportunity to engage in non-contact, continuous action while learning about teamwork. All participants are required to provide a mouth guard. Wednesday evening practices and Saturday morning games.

Location: Jim Barnett Park, Eagles Field

Register by: 8/22

Fee: \$34 R \$40 NR

SESSION	DAY	TIME	SECTION
8/31-10/29	Wednesday	5:30-6:30pm	01
8/31-10/29	Saturday	9:00-11:00am	

Flag Football (Ages 8-10)

Activity #: 631643

Location: Jim Barnett Park, Eagles Field

Register by: 8/22

Fee: \$34 R \$40 NR

SESSION	DAY	TIME	SECTION
8/31-10/29	Wednesday	6:30-7:30pm	02
8/31-10/29	Saturday	11:00am-1:00pm	

BMX101 (Age: 4+)

Activity #: 621643

Bicycle motorcross (BMX) is currently the fastest growing youth sport in North America and is now an Olympic sport. BMX offers every rider the ability to participate at his or her own pace and no one ever sits on the bench! BMX 101 will teach all the basic skills necessary to begin racing. Riders are required to wear long pants, long sleeve shirts, enclosed shoes (sneakers) and a full face helmet. The track has loaner helmets that can be borrowed during class. Participants must bring their own bike. Any bike can be used with a few minor adjustments. The kickstand, reflectors, chain guard and pegs must be removed for safety reasons. For more information, please contact Winchester BMX at 540-324-3478 or www.winchesterbmx.org

Location: BMX Track

Register by: 4/4

Fee: \$24

SESSION	DAY	TIME	SECTION
4/12-5/17	Tuesday	5:30-6:30pm	01

Game Time Adult Programs

VolleyBrunch (Age: 18+)

Activity #: 621645

Volleyball nets will be set up in the gym for pick-up games. Donuts will be served for breakfast and pizza will be served for lunch.

Location: Jim Barnett Park Gym

Register by: 6/24

Fee: \$15

SESSION	DAY	TIME	SECTION
6/25	Saturday	8:00am-12:00pm	15

VolleyBrunch (Age: 18+)

Activity #: 621645

Location: Jim Barnett Park Gym

Register by: 8/5

Fee: \$15

SESSION	DAY	TIME	SECTION
8/6	Saturday	8:00am-12:00pm	16

Drop In Volleyball (Ages 18+)

Players will divide into teams on site and play pick-up games.

Location: Jim Barnett Park Gym

SESSION	DAY	TIME	FEE
3/8 - 5/3	Tuesday	7:30pm-9:30pm	\$2
5/10 - 8/30	Tuesday	5:30pm-7:30pm	\$2

Senior Drop In Pickleball (Ages 55+)

Pickleball is a racket sport that blends tennis, badminton and ping pong. The main objective of Pickleball is to keep the ball in play over a net that is three feet off the ground, while utilizing placement and pace. Pickleball can be played as either singles (2 people) or doubles (4 people). Equipment consists of oversized ping pong type paddles and a plastic perforated ball. All equipment needed to play will be provided.

Location: Jim Barnett Park Gym

SESSION	DAY	TIME	FEE
1/5 - 5/31	Tuesday	9:00am-11:00am	\$2/Free with Membership

Ultimate Frisbee Hat Tournament (Ages 16+)

Come out and join the first Winchester Area Ultimate frisbee hat tournament. Players will be randomly divide into teams and play together. MLU rules apply; the number of games played will depend on number of participants.

Location: Jim Barnett Park, Preston Fields

Session: 7/9

Day: Saturday

Time: 9am-6pm

Fee: \$15