

Youth Athletic Programs Con't



BMX 101 (Ages 4+)

ACTIVITY #	SESSION	REGISTRER BY:	DAY	TIME	FEE	LOCATION
621643-01	4/12-5/17	4/4	Tuesday	5:30-6:30pm	\$24	BMX Track

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

Spring JAMFest (Grades 5th-8th)



ACTIVITY #	SESSION	REGISTRER BY:	DAY	TIME	GRADE	FEE	LOCATION
621347-01	5/14	5/9	Saturday	8:00am-8:00pm	5th	\$175/team	John Handley Gym
621347-02	5/14	5/9	Saturday	8:00am-8:00pm	6th	\$175/team	John Handley Gym
621347-03	5/14	5/9	Saturday	8:00am-8:00pm	7th	\$175/team	John Handley Gym
621347-04	5/14	5/9	Saturday	8:00am-8:00pm	8th	\$175/team	John Handley Gym

Sign up for these great tournaments and test your team's skills out against other great competitors. These are not AAU-sanctioned tournaments however, AAU teams are invited to participate. Three game guarantee. Boy's teams will be broken down into divisions of grades 5th - 8th.

Adult Athletic Programs



Senior Drop In Pickleball (Ages 55+)

SESSION	DAY	TIME	FEE	LOCATION
1/5-5/31	Tuesday	9:00-11:00am	\$2/Free with membership	JBP, Gym

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.



Adult Open Wallyball League (Ages 18+)

ACTIVITY #	SESSION	REGISTRER BY:	DAY	LEAGUE TIME	FEE	LOCATION
611645-04	1/12-3/1	1/4	Tuesday	6:00-9:00pm	\$30/team	Wallyball Court

If you're looking for fast paced fun, then our Open Wallyball League is for you. All skill levels welcome. Teams will play 3 on 3.



Drop In Volleyball (Ages 18+)

SESSION	DAY	TIME	FEE	LOCATION
3/8 - 4/26	Tuesday	7:30-9:30pm	\$2	JBP, Gym
5/3 - 8/30	Tuesday	6:00-9:30pm	\$5	JBP, Gym

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

3rd Annual "Swinging Fore Sports" Golf Tournament (Ages 5+)



ACTIVITY #	SESSION	REGISTRER BY:	DAY	START TIME	FEE	LOCATION
621645-06	5/5	5/2	Thursday	1:00pm	\$320/team	Winchester Country Club

Grab your clubs, round up a team and join Winchester Parks and Recreation at Winchester Country Club Golf Course for the 3rd Annual "Swinging Fore Sports" Golf Tournament. The format is 4-man captain's choice for all ages. Dinner will be served following the tournament. 1pm shot gun start. Rain date is June 9

Adult Kickball League (Ages 21+)



ACTIVITY #	SESSION	REGISTRER BY:	DAY	TIME	FEE	LOCATION
621645-05	5/10-6/14	5/2	Tuesday	6:30-9:30pm	\$100/team	Henkel Harris Field

This co-ed league is played like the elementary school game you remember - the one with the big red playground ball. It's an easy game that is open to all skill levels. Even YOU can be a kickball superstar! *All games are one hour long*

Ultimate Frisbee League (Ages 16+)



ACTIVITY #	SESSION	DAY	TIME	FEE (PER TEAM)	FEE (PER INDIVIDUAL)	LOCATION
621645-05	4/13 - 5/1	Wednesday	6:00-10:00pm	\$130 R \$140NR	\$13 R \$14 NR	Jim Barnett Park, Preston Field

Combining the non-stop movement and athletic endurance of soccer with the aerial passing skills of football, a game of Ultimate is played by two seven-player squads with a high-tech plastic disc on a field similar to football. The object of the game is to score by catching a pass in the opponent's end zone. Ultimate is played in more than 42 countries by hundreds of thousands of men and women, girls and boys. Option available to sign up as an individual and get placed on a team.

*Teams of 7 Players minimum, 12 Players maximum per team

