

DOUGLAS COLLEGE

FALL YOUTH PROGRAMS COQUITLAM - Pinetree Community Centre

BASKETBALL Youth Leagues (Twice a week - Training plus Games!)

Ages 7-12 Thursdays (Skills, 6:30-8:00pm) & Saturdays (Games, 9:00-10:30am) **CRN #31279**

Ages 12-16 Tuesdays (Skills, 8:00-9:30pm) & Saturdays (Games, 10:30am-12:00pm) **CRN #31281**

Instructors will help young basketball players to further their skills and increase their basketball game. Players will be divided based on their skill set and age, and will meet two days a week, with one day being skill development, and the other being game-play, scrimmages and contests.

Program starts Sept 26th & ends Dec 7th *NO CLASS Oct 12th, Oct 31st & Nov 9th *

COST: \$150 (before September 12th \$130)

BASKETBALL - Individual Training Program

Boys & Girls ages 9-16 Thursdays 8:00-9:30pm

CRN #31280

This program is designed for players who want to improve their game. Players will be split by age and skill level, and will be pushed over the 9-week program to develop their fundamentals, and improve their overall skills.

**NO CLASS Oct 31st **

Program runs Sept 26th to Dec 5th

COST: \$120 (before September 12th \$100)

BADMINTON - Back by popular demand!

Ages 7-12 Wednesdays 6:15-7:45pm **CRN #31282**

Ages 12-16 Wednesdays 7:45-9:15pm **CRN #31283**

Kids will learn a variety of Badminton drills, skills, and fun games for all skill levels and for singles and doubles play. Whether you want to improve the techniques and strategies of the game, or just want to get more practice, this is the perfect program.

Program runs Sept 25th to Nov 27th

COST: \$120 (before September 12th \$100)

TABLE TENNIS - Saturdays

This 2-hour camp will combine fun games and skills to improve your game.

No previous experience necessary.

Ages 8-15 **CRN #31284**

**NO CLASS Oct 12th & Nov 9th*

Sept 28th to Dec 7th 9:30-11:30am

COST: \$110 (before Sept 12th, \$90)

INDOOR SOCCER - Twice a week, Tuesdays & Saturdays!

This indoor soccer program provides developmental training and focuses skill improvements, endurance, agility and teamwork.

Program starts Sept 28th & ends Dec 7th *NO CLASS Oct 12th & Nov 9th

Ages 5-9 Tuesdays 7-8pm **AND** Saturdays 12-1pm **CRN #31285**

COST: \$120 (before Sept 12th, \$100)

Ages 9-15 Tuesdays 6:30-8pm **AND** Saturdays 12:30-2pm **CRN #31286**

COST: \$150 (before Sept 12th, \$130)

VOLLEYBALL - Monday evenings

This volleyball camp is designed to introduce and/or refine the fundamentals of volleyball. In addition to team play, skills focused on include: passing, setting, hitting, blocking, serving and digging.

Boy & Girls - Ages 10-16 8:00-9:15pm **CRN**

#31287

Sept 23rd to Dec 2nd *no class Oct 14th & Nov 11th

COST: \$110 (before September 12th, \$90)

INDOOR TENNIS - Monday evenings

This weekly program is suitable for beginners & intermediate players. Participants will learn the fundamentals that allow them to serve rally, play at the net, and score. Portable indoor nets and indoor foam balls will be used.

Boy & Girls Ages 8-15 6:30-7:45pm **CRN #31288**

Sept 23rd to Dec 2nd *no class Oct 14th & Nov 11th

COST: \$110 (before September 12th \$90)

REGISTRATION FORM

DOUGLAS COLLEGE
SPORTS INSTITUTE

FALL 2019 YOUTH PROGRAMS
(COQUITLAM)

Please print:

Surname: _____ First Name: _____

Address: _____ Unit #: _____

City: _____ Province: _____ Postal Code: _____

Home phone: _____ Cell: _____

Email: _____ Male Female

DOB: DD / MM / YYYY

Registered in past Douglas Camps : Student ID _____

- Basketball Leagues.....Ages 7-12.....\$150 (before Sept 12th just \$130) - 31279
Basketball Leagues.....Ages 12-16.....\$150 (before Sept 12th just \$130) - 31281
Basketball Training Programs (Age 9-16) \$120 (before Sept 12th just \$100) - 31280
Indoor Soccer.....Ages 5-9..... \$120 (before Sept 12th just \$100) - 31285
Indoor Soccer.....Ages 9-15.....\$150 (before Sept 12th just \$130) - 31286
Indoor Tennis.....Ages 8-15.....\$110 (before Sept 12th just \$90) - 31288
Badminton.....Ages 7-12.....\$120 (before Sept 12th just \$100) - 31282
Badminton.....Ages 12-16.....\$120 (before Sept 12th just \$100) - 31283
Table Tennis.....Ages 8-15.....\$110 (before Sept 12th just \$90) - 31284
Volleyball.....Ages 10-16.....\$110 (before Sept 12th just \$90) - 31287

Coquitlam/Pinetree
Sept 23rd thru Dec 2nd
NO CLASSES
Oct 12th, Oct 14th, Oct 31st, Nov 9th & Nov 11th

Method of Payment: please tick one box

- Cheque enclosed, payable to Douglas College
VISA MasterCard

Card #: _____ Expiry Date & CVV# (3 digits on back): _____

Name on Card: _____ Signature: _____

Mail to:
David Munro, Sports Institute
CCLA, Douglas College
PO Box 2503
New Westminster, BC V3L 5B2

Fax to:
604-527-5696
Tel:
604-527-5472

Walk-in:
Room 2700
Douglas College
700 Royal Ave
New Westminster