



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPRING TRAINING STARTS HERE

## April Vacation Baseball & Softball Training

This week long spring training will allow children ages 9 – 13 to participate in an intensive three hour baseball or softball skill development program at Advanced Sportsplex Training Center in Middletown, CT. Under the supervision of the knowledgeable Sportsplex coaching staff, athletes will learn proper technique and skills in a variety of areas, including: hitting, fielding, base running, pitching and catching.

**Ages:** 9 – 13 years old

**Dates:** April 18 – 22, 2016

**Daily schedule:**

7:00 a.m. Program begins at the YMCA

8:30 a.m. Bus leaves Meriden YMCA

9:00 a.m. – 12:00 p.m. Intensive Sports Program

12:00 – 12:30 p.m. Bus travels back to Meriden YMCA

12:30 – 5:00 p.m. Lunch, swimming, gym games and more!

**Fees:** Full Member \$200 Program Member \$230



For further information or questions, please contact our Athletic Director, Kevin Scarpati, at 203-235-6386.

**MERIDEN YMCA**

110 West Main Street, Meriden CT 06451

P 203 235 6386 F 203 634 6517 [www.meridenymca.org](http://www.meridenymca.org)