

YOUTH SPORTS SKILL-BASED PROGRAMS



Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.

WINTER/SPRING 2019

(course)	(dates)	(days)	(time)	(grades)	(fee)	(location)
BASEKTBALL						
SSA106948	1/22 - 2/12	Tuesdays	3:45 p.m. - 4:45 p.m.	K-4th	\$55	Parnassus Preparatory School
<i>This fun, skill-intensive program is designed for beginning to intermediate athletes. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork and responsibility.</i>						
VOLLEYBALL						
SSA110513	2/26 - 3/19	Tuesdays	3:45 p.m. - 4:45 p.m.	K-4th	\$55	Parnassus Preparatory School
<i>All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting and serving. This program is designed for the beginning and intermediate player. Our staff will assist boys and girls in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player.</i>						
GOLF						
SSA106947	4/23 - 5/14	Tuesdays	3:45 p.m. - 4:45 p.m.	K-4th	\$55	Parnassus Preparatory School
<i>Boys and girls will learn the fundamentals of swinging, putting and body positioning. Using the SNAG® (Starting New At Golf) system, we have simplified instruction so that young players can make an effective transition onto the golf course. All equipment provided.</i>						
LACROSSE						
SSA110245	4/25 - 5/16	Thursdays	3:45 p.m. - 4:45 p.m.	5th-8th	\$55	Parnassus Preparatory School
<i>Lacrosse combines basic skills used in soccer, basketball and hockey into one fast-paced game. Boys and girls will learn the fundamentals of stick handling, cradling, passing and shooting in a fun, non-checking environment. Participants must provide their own equipment which includes protective head gear (goggles for girls, helmet for boys), gloves and stick. Lacrosse equipment is available for rent online at www.skyhawks.com for \$29. Limited quantities available. First-come first-served.</i>						

These classes are for Parnassus students only

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**SPACE IS LIMITED!
REGISTER TODAY** »

ONLINE:
www.skyhawks.com/minnesota
www.parnassusprep.com

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