



volleyball adult clinics

Sep-Dec 09

We've already taken the junior community by storm, now we are concentrating on improving the skills of our region's adults...

If you have not yet played on our 4 court floor, come find out why just about everybody appreciates being able to wake up the day after a tournament WITHOUT aching knees, sore backs, or shin-splints. Our fully suspended, cushioned floor is tailor made just for you.

We are NOT a rec center or middle school gym but a facility used SOLELY for volleyball, run by volleyball fanatics. We host tons of tournaments (almost every weekend), have trained thousands of athletes, and we only do one thing - volleyball - but we do it very well. Come see why! Located 2 blocks North of I-70 on Ward Road - easy access from anywhere.

**One hour sessions*

**Only \$10 per session (drop in)*

**or \$50/mo (unlimited sessions)*

- a 50% discount!

PRESEASON CLINICS 7-8pm:

Sep 1st **Attacking**

Sep 3rd **Passing**

Sep 7th **Setting**

Sep 9th **Defense**

Sep 11th **Serving**

FALL SEASON CLINICS: 6-7pm (Skill of the Day)

Mondays (9/14-12/14)

Wednesdays (9/16-12/16)

Register and find out more about us at:

www.rMac.Biz

(click on Leagues or Clinics)

We provide bleachers, concessions, a pro shop, training and weight rooms, electronic scoreboards, as well as private lessons & clinics - all your volleyball needs at one location!

rMac - Rocky Mountain Athletic Center

Home of Juggernaut Volleyball, Club Valkyrie, and the RMYL

4895 Ward Road, Wheat Ridge, Colorado 80033 (303) 421-1500

www.rMac.Biz www.JuggernautVolleyball.com www.ClubValkyrie.com