



## Need a winter volleyball tune-up?

*Join Balance Buddies winter training program!*

It is a fantastic way to learn the game,  
develop your technique and have fun.

This is a 10-session instructional clinic  
for players aged 8-13 years old.

Clinic runs December 6 to February 7  
on Tuesdays from 6-8 p.m.

To register visit  
[www.balancevolleyball.com](http://www.balancevolleyball.com)

Have a question?  
Please contact Patty Langanis at [balancevolleyball@gmail.com](mailto:balancevolleyball@gmail.com)

Balance Volleyball Club is committed to provide  
quality instruction and training to the young volleyball player.

Balance VBC is NOT a school sponsored activity.