



OPREC SPRING FLAG FOOTBALL

(co-ed, ages 6-14)

NFL Flag Football emphasizes the basic football skills of passing, catching, defending, running, and how the game is played. Each player will receive a jersey at the END of the program.



Location: Green Lake Field / Yates Park
Dates: Saturdays 4/21—6/9
Fee: \$85 for 8 sessions
Ages 6-8: 11:30 AM—1:00 PM
Ages 9-11: 9:30 AM—11:00 AM
Ages 12-14: 8:00 AM—9:30 AM

NEW FORMAT!

- Four experienced coaches with flag football training for each age group
- Groups meet for 1.5 hours every Saturday
- Players will participate in a 20 minute lesson each week followed by structured game play
- New teams will be selected each week to ensure balanced play
- Two fields side-by-side to allow for smaller teams and maximize playing time



A Great Value in Your Own Home Town

Register online and save 10%, www.oprec.org,

Questions: Call 662-6450 or email: oprec@orchardparknyc.org

