**Youth Basketball Clinic**
This pre-season clinic will introduce you to the sport and get you ready for the upcoming season.
Grades 3-6 Co-Ed
Nov. 19th & 20th
6pm-7:30pm
Dryden Elementary School
Fee: $10.00

**Youth Travel Basketball**
Youth Travel Basketball is a competitive program that plays local teams. Practice is 2-3 days a week with game play on the weekend in Cortland. This year we will be joining the John Tobin League in Cortland. First week of practice will start December 2nd 2019.
Grade: 4th-6th (teams at each level)
**Girls & Boys Teams**
Practice Times: TBD
*Based on school availability*
Fee: $50.00

**Shooting Stars Basketball**
Shooting Stars is a co-ed in-house basketball program. It is aimed at teaching basketball basics through games and skill building activities.
PreK– 3rd Grade
Saturday: January 11th-February 15th
PreK-1st Grade: 9am-10am  2nd-3rd Grade 10am-11am
Dryden Elementary School  Fee: $30.00

**YOUTH VOLLEYBALL**
Our in-house Volleyball program will teach kid’s about the sport through games and exercises to give them an opportunity to try it out!
Co-ed, ages 8-13
Ages 8-10: 9am – 10am
Ages 11-13: 10am – 11am
Saturdays, Jan. 11th - Feb. 15th
Dryden Elementary upper gym
FEE: $30
Youth Karate: Ages 6-14

Instructor: Senpai Jennifer Maza
Wednesdays at the Dryden VFW
Fee: $80.00

Junior Class

Wednesday 3:45pm - 4:30pm

This basic class for white belts and advanced white belts emphasizes respect (for yourself and others), body control, and confidence through the learning of basic punches, kicks, and blocks.

Advanced Class

Wednesday 4:30pm - 5:30pm

This class is for blue belts and higher. This class is a specialized session that will focus on Kata, self defense, pre-Kumite skills, and meditation

Dates:
SESSION #2 December 4, 11, 18 Jan. 8, 15, 22, 29 Feb. 5
SESSION #3 Feb 12, 26 March 4, 11, 18, 25 April 1, 15

Youth Wrestling

One of the oldest sports in history, wrestling helps build strength, confidence and discipline. Learn this ancient sport and compete in weekend tournaments after the winter break.

Who: Co-ed, ages 4-12
Dates: Tues/Thurs December 3rd - March 1st
Times: 6:00-7:30pm
Where: Dryden Elementary Upper Gym
Fee: $50.00

Register online at drydenrec.com
Or
call 607-844-8888 option #4