

FALL 2019 @ THE CENTRE



THE CENTRE
NITTANY VALLEY SPORTS CENTRE



LACROSSE

GIRLS PLAY NIGHTS • \$140

- Third through Ninth grades
- Beginners welcomed
- Tuesdays & Thursdays
Sessions starting at 5:30 PM
- Starts Sept 17 for 8 Weeks
- Two Games per week
- Format
Teams and play schedule formed after 1st night and teams play together for the remaining sessions
- Officials
The Centre coaches will referee & provide coaching pointers

BOYS TRAINING & PLAY • \$110

- First through Eighth grades
- Beginners welcomed
- Sunday evenings, 5:30-7:00 PM
- Starts Sept 15 for 8 Weeks
- Scramble Format
Teams formed weekly for 30 min of training, 60 min of game play

FIELD HOCKEY

YOUTH TRAINING • \$90

- First through Eighth grades
- Beginners welcomed
- Mondays
All ages 5:30 PM
- Starts Sept 16 for 8 weeks

YOUTH PLAY NIGHT • \$80

- Third through Ninth grades
- Wednesday
All ages 5:30 PM
- Starts Sept 18 for 8 weeks
- Format
Teams and play schedule formed after 1st night and teams play together for the remaining sessions
- \$10 Discount is registered for both programs

SOCCER

YOUTH REC SOCCER • \$125

- 7yrs-15yrs Coed
- Fridays & Sundays
Friday 6:15 – 7:00 PM
Sunday 2:00 – 2:45 PM
- Starts Sept 27
- 8 weeks / 16 sessions

YOUTH TRAINING • \$90

- 7yrs-15yrs Coed
- Wednesdays
All ages 7 – 7:45 PM
- Starts Sept 18
- 8 weeks

YOUTH COMPETITIVE

LEAGUE \$75

- U8-U14 Boys/Girls
- Saturday mornings
Games between 8:30 AM and 1:00 PM. Exact schedule TBD
- Starts Sept 21
- 3 Game Days per team
- 2 Games each Game Day
- No game on Oct 5 or Oct 19
(PSU Home Football Games)

ADULT DROP IN/PICK UP • \$12*

- Over 18 - Fun Exercise
- Wednesdays evenings
8:30 - 10:00 PM
- Ongoing
- *\$12 per session

**REGISTRATION
IS OPEN!**

JUST A REMINDER!

We can host your **PARTIES AND EVENTS** at The Centre!

Plus **GROUP FITNESS** in The Training LOFT is for everyone. Drop in for a great workout!



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