

# ADULT CLINICS & PRACTICES

## Train. Compete. Thrive.

### Beginner/Intermediate/Advanced Skills Clinics

*From Newbie to Seasoned: Strengthen Your Foundation*

**Saturdays (03/22 – 04/20)**

[Click Here to Register](#)

From beginners to experienced athletes looking to refine fundamentals – everyone is welcome to build their skills and confidence. Coaches will provide hands-on coaching with a mix of exercises, drills, and games designed to develop foundational skills.

- 03/22 (11:00AM – 12:30PM) – Blocking/Defense
- 03/29 (1:00PM – 2:30PM) – Serving
- 04/05 (1:00PM – 2:30PM) – Hitting Approach and Footwork
- 04/19 (11:00AM – 12:30PM) – Passing and Body Positioning
- 04/20 (11:00AM – 12:30PM) – Setting Skills and Terminology

**\$100 for the full 5-week series or \$25 for individual sessions**

### Privates/Group Privates

*Train Your Way*

[Click Here to Register](#)

For more information or to register, please visit [www.divevolleyball.com](http://www.divevolleyball.com).

