

# American Sports



Come along and try your hand at.....

- Flag Football
- Pop Lacrosse
- Basketball
- Many more

YMCA Centre Leavesden County Park  
Off College Road Abbots Langley  
WD5 0GU (for sat nav use WD5 0NX)

To book or for more info  
call 01923 662 222 or email  
[michael.barker@oneymca.org](mailto:michael.barker@oneymca.org)

[oneymca.org/communityhub](http://oneymca.org/communityhub)

A fun and energetic introduction to American Sports for children ages 8-10

Friday's from 2<sup>nd</sup> November 4 - 5pm

**Cost: £30 for 10 session block or £4 per session**

In partnership with  
 **THREE RIVERS DISTRICT COUNCIL**



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION