

# Grimes Parks & Recreation Department

Telephone: (515) 986-2143

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[www.grimesiowa.gov](http://www.grimesiowa.gov)

CITY OF  
**GRIMES**



## “Beginners” Flag Football Clinic for 3-5 year olds

### Program Description:

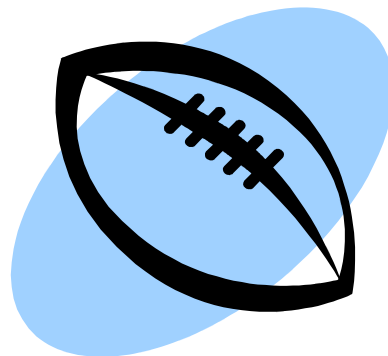
This program introduces the skills and rules needed to play football. The participants move from station to station with their parent/guardian/older sibling working on passing/receiving, running, defense, and blocking. The Grimes Rec Clinic Leader warms the kids up and cools the kids down with fun lead-up games and drills. **Each child must have a “coaching” parent present that is willing to go to each station throughout the clinic.** Kids progress at his/her own pace. Equipment used is a nerf football, cones, and flags. Kids should wear weather appropriate clothing and can bring a water bottle.

**Who:** Boys and Girls Ages 3-5

**Where:** Lions Park Flag Football Fields

**Dates:** Mondays, September 13 – October 11 (5 times)

**Time:** Ages 3-4: 5:15pm – 6:00pm  
Ages 4-5: 6:00pm – 6:45pm



**Questions:** Contact Brett Barber, Grimes Park & Rec Director at [bbarber@ci.grimes.ia.us](mailto:bbarber@ci.grimes.ia.us) or at 986-2143.

**To Register:** Register ONLINE at [www.grimesiowa.gov](http://www.grimesiowa.gov), OR bring in registration to the Grimes Rec Office located in the GCC, OR mail to 410 SE Main Street in Grimes.

**Cost:** \$25 per player

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### 2010 “Beginners Flag Football Clinic” Registration Form

PARTICIPANT’S NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

PARENT/GUARDIAN’S NAME: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

EMAIL (required): \_\_\_\_\_ PHONE: \_\_\_\_\_

I would like to be added to the Grimes Parks and Rec Email List: YES NO ALREADY ON LIST

**Please Circle-** Ages 3-4 at 5:15pm OR Ages 4-5 at 6pm

Cost is \$25 per player

#### Release and Indemnification Agreement:

I hereby request that you accept my child’s application for registration in this Grimes Park and Recreation Department program. With consideration of your acceptance of my child, I hereby release the City of Grimes, its employees, and the coaches and volunteers associated with this program from all claims which may arise in the event my child is injured in an accident that occurs while he or she is participating in this program. I further agree to indemnify the City of Grimes, its employees, and the coaches and volunteers associated with this program for any claim, which may hereafter be presented on behalf of my child as a result of any such injuries. I hereby acknowledge that it is my responsibility, not the responsibility of the City of Grimes, to provide medical insurance coverage in the event I desire to have medical insurance coverage for my child while he or she participates in this particular activity. I will also allow pictures of my child during this program to be used only for the marketing purposes of future Grimes Parks and Recreation programs.

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

**Grimes Parks & Recreation Office Location ~ 410 SE Main St. in Grimes**