

# GET INTO SITTING VOLLEYBALL!



Come build confidence to deliver sitting volleyball through a fun and interactive try-it session

Delivered by:



**COST : FREE**

**NORTHUMBERLAND REGIONAL HIGH SCHOOL GYM  
MONDAY, 9 DECEMBER 2019 • 3:30PM - 5:30PM**



**For more info or to RSVP:  
[littlem@ccrce.ca](mailto:littlem@ccrce.ca)**

