



GET IN THE GAME

NFL FLAG Football League

The C.W. Avery Family YMCA is excited to offer a new NFL FLAG Football League this spring. NFL FLAG is the largest flag football league in the U.S., and the only league where players can wear official NFL gear. Kids of all ages and skill levels will participate in a safe, non-contact environment, allowing boys and girls the opportunity to learn the fundamentals of football. In this program everyone plays, and everyone has fun!

**NEW
LEAGUE**

PRACTICES AND GAMES

Clinics will be held the week of April 28. Practices begin the week of May 5. Games will be played primarily on Friday evenings/Saturday mornings beginning the week of May 26. Occasional games may be held on weeknights.

Practice and game locations will include the C.W. Avery Family YMCA, Lincoln Elementary School, and Ira Jones Middle School. Ages 4-6 will play 7 regular season games. Age divisions 7 and up will play 6 regular season games and at least 1 playoff game. No games will be held over 4th of July weekend.

OFFICIAL NFL GEAR

All participants will receive an NFL jersey and flag belt. Mouthguards are required and gloves are recommended. Rubber cleats are recommended, but gym shoes are also allowed. Metal cleats are not allowed. Participants are asked to wear pants/shorts that do not have pockets while competing in games.

If you have any questions, please contact:

Maria Freeh, Sports Director
mfreeh@jolietyymca.org
(815) 267-8600, ext. 217

**Scan the QR Code
and register today!**



LEAGUE DATES:

April 28-July 19

CO-ED AGE DIVISIONS:

4-6 years old
7-9 years old
10-12 years old
13-14 years old

COST:

Before February 25

\$115 for Facility Members
\$230 for Community Members

February 25-March 31

\$125 for Facility Members
\$250 for Community Members

After March 31

\$135 for Facility Members
\$270 for Community Members

Participants should register for age group based on age as of May 1, 2025.



C.W. AVERY FAMILY YMCA

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(815) 267-8600 | www.jolietyymca.org

