



**Department of Parks and Recreation**

City of Suffolk  
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**NEWS RELEASE-**

**FOR IMMEDIATE RELEASE**

**SUFFOLK, VA** – April 8, 2009 – Improve your game this summer with Suffolk Parks and Recreation’s Hoops 4 Life. This one-on-one basketball program for ages 12-15, will improve basketball skills while addressing important life lessons and values. Discipline, team work and the importance of goal setting will also be part of the program.

In addition to basketball training, there will be incredible guest speakers, video sessions and workshops. Registration is on a first-come, first-served basis and will be held April 20-May 29 at the Parks and Recreation administrative office, 110 W. Finney Ave. Proof of age and residency is required at registration.

The Hoops 4 Life program will be held from June 22–July 10, Monday through Friday from 9 a.m.-4 p.m. at Kings Fork Recreation Center, 350 Kings Fork Road. The cost is \$25/week per participant. Before and after care is also available beginning at 7 a.m. and ending at 6 p.m., for an additional \$25 per week. Please note that children attending summer school will not be able to participate in this program.

For more information, please contact Suffolk Parks and Recreation at 514-7265 or 514-7254.

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*Don't Hesitate . . . Recreate!*