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**REGISTER FOR  
FLAG FOOTBALL**

**[www.dmymca.org](http://www.dmymca.org)**

**NFL FLAG is officially here and we hope you are ready for it! The YMCA and NFL FLAG have teamed up to bring the FUNdamentals to the Greater Des Moines area.**

**The league will feature co-ed teams between the ages of 5-14 years old. Register Now - August 9 Games will be played on Saturday's September, 14th through October, 19th at Valley Stadium between 8am-3pm.**

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