

# WEST SHORE YMCA

# SUMMER SPORTS CAMPS 2010



Participant's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Day Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Parent/Guardian Name (s): \_\_\_\_\_

**Yes, you may register for multiple camps at ONCE! Just check any and all boxes for which camps you would like to register!**

**Kids Kardio Camp** (Ages 6-9)  
July 6 - 9, 9 – 11am

**Golf Camp I** (Ages 7-10)  
July 19 - 23

Session A: 8:30 – 9:30 am  
 Session B: 12:00 – 1:00 pm

**Golf Camp II** (Ages 11-14)  
July 19 - 23

Session A: 10:00 – 11:30 am  
 Session B: 1:30 – 3:00 pm

**Multi-Sports Camp**  
July 26 – July 30

Session I (ages 4-6): 9:00–11:30 am  
 Session II (ages 7-9): 12:30 – 3:30 pm

**Adventure Camp** (ages 6-10)  
August 9-13, 9:00am - 12:00pm

**Cardio Tennis Camp**

Mondays & Wednesdays, June 14 - 23

Session A (ages 6 - 8): 6:00 - 7:00 pm  
 Session B (ages 9 - 12): 7:00 - 8:00 pm

**Soccer Superstars Camp**

Mondays and Wednesdays, June 28 - July 7

*Mini-Kickers* (ages 4 - 6): 6:00 - 7:00 pm  
 *Strikers* (ages 7 - 9): 7:00 - 8:00 pm

**Intro to Volleyball** (Ages 8-14)  
July 19 – 23, 9:00 – 11:00am

**Youth Winners Basketball Camp** (Ages 6-8)  
August 2 - 6, 8:30 am – 11:30 am

**Youth Champions Basketball Camp** (Ages 9-12)  
August 16 – 20, 8:30 – 11:30 am

**Gymnastics/Dance Camp**  
**GIRLS ONLY** (Ages 7-12)  
June 21-25

**Y-Preschool Combo Camp**  
Ages 4-6, 9am - 12:30pm  
 June 14-17  
 June 28-July1  
 July 12-15  
 August 9-12

## Accepted Methods of Payment (Please circle one)

Cash (Must be done in person)      Check # \_\_\_\_\_ (payable to West Shore YMCA)      Amount \$ \_\_\_\_\_

MasterCard    Visa    Discover    AmEx    Card # \_\_\_\_\_      Expiration Date: \_\_\_\_\_

Name (as it appears on card) \_\_\_\_\_      Signature \_\_\_\_\_

## **Kids Kardio Camp**

Instructor: Jenn Dusart

Ages: 6-9

Dates: July 6 - 9, 9 - 11am

Fun fitness games and activities are sure to keep these kids moving and get their heart rates up! Designed to have fun while improving overall fitness. Sneakers and smiles are a must!

**Facility Member Fee - \$75 Program Member Fee - \$100**

## **Golf Camp I (ages 7-10)**

Instructor: Rick Kirby

Dates: July 19 - 23

Session A: 8:30 - 9:30 am

Session B: 12:00 - 1:00 pm

Come learn the skills and knowledge necessary to play the great game of golf! Participants will learn the fundamental skills needed to begin a lifetime sport that they will be able to play at any age.

**Facility Member Fee - \$80 Program Member Fee - \$100**

## **Cardio Tennis Camp**

Instructor: Ricardo Duarte

Dates: Mondays & Wednesdays, June 14 - 23

Session A (ages 6 - 8): 6:00 - 7:00 pm

Session B (ages 9 - 12): 7:00 - 8:00 pm

Move to the ball in a high-energy circuit covering sport fundamentals. Players should bring a racquet.

**Facility Members - \$55 Program Member Fee - \$60**

## **Intro to Volleyball**

Instructor: Bob Smith

Ages: 8-14

Dates: July 19 - 23, 9:00 - 11:00 am

This camp focuses on developing basic volleyball skills such as serving, forearm passing, setting, hitting and blocking. Understanding of game play will also be addressed.

**Facility Member Fee - \$85 Program Member Fee - \$100**

## **Youth Winners Basketball Camp**

Instructor: Gerald Jarmon

Ages: 6-8

Dates: August 2 - 6, 8:30 - 11:30am

West Shore YMCA Gymnasium

Camp is designed to help players develop individual skills through dribbling, passing, and shooting games. The focus will be on learning the importance of teamwork and sportsmanship, allowing the sport to be enjoyable for all.

**Facility Member Fee - \$100 Program Member Fee - \$125**

## **YPreschool Combo Camp**

Instructor: YMCA gymnastics staff

Ages: 4-6 Coed

Dates: June 14-17, June 28-July1, July 12-15, and August 9-12

Times: 9am - 12:30pm

Preschoolers will have fun with gymnastics, creative movement, making crafts, songs and swimming in our water park. Snack provided. Bring towel and swimsuit.

**Facility Member Fee - \$90 Program Member Fee - \$110**

## **Adventure Camp**

Instructor: Lindsay Walter

Ages: 6-10

Dates: August 9 - 13, 9:00 am - 12:00 pm

Get your hands dirty as we explore various activities and appreciate the great outdoors from trail hiking to shelter building. Learn camping skills and how to find a love for nature through individual and team challenges.

**Facility Member Fee - \$95 Program Member Fee - \$115**

## **Golf Camp II (ages 11-14)**

Instructor: Rick Kirby

Dates: July 19 - 23

Session A: 10:00 - 11:30 am

Session B: 1:30 - 3:00 pm

Come learn the skills and knowledge necessary to play the great game of golf! Participants will learn the fundamental skills needed to begin a lifetime sport that they will be able to play at any age.

**Facility Member Fee - \$100 Program Member Fee - \$120**

## **Soccer Superstars Camp**

Instructor: Coach Ricardo

Dates: Mondays and Wednesdays, June 28 - July 7

*Mini-Kickers* (ages 4 - 6): 6:00 - 7:00 pm

*Strikers* (ages 7 - 9): 7:00 - 8:00 pm

Soccer skills explored in an age-appropriate format.

Players should wear shinguards, cleats are optional.

**Facility Member Fee - \$55 Program Member Fee - \$60**

## **Multi-Sports Camp I & II**

Instructor: Lindsay Walter

Session A (ages 4-6): 9:00 - 11:30 am

Session B (ages 7-9): 12:30 - 3:30 pm

Dates: July 26 - July 30

Catch, throw, swing, and shoot. You'll need your shoes for all we do. Learn and have fun with the fundamentals of multiple sports while we explore the importance of teambuilding and enjoy the WSY Waterpark at the end of each class.

**Facility Member - \$80/session Program Member - \$100/session**

## **Youth Champions Basketball Camp**

Instructor: Gerald Jarmon

Ages: 9-12

Dates: August 16 - 20, 8:30 - 11:30 am

West Shore YMCA Gymnasium

Camp will focus on the further development of individual skills through dribbling, passing, and shooting activities. Players will also begin to learn both offensive and defensive game strategies.

**Facility Member Fee - \$100 Program Member Fee - \$125**

## **Gymnastics/Dance Camp - Girls Only**

Instructor: YMCA gymnastics staff & Della Cowell

Ages: 7-12

Dates: June 21-25

Early Drop Off @ 8:30 and Late Pick Up @ 4:30 is available

A morning of gymnastics instruction covering all Olympics events. The afternoon session includes many forms of dance instructed by Della Cowell. Bring a packed lunch, water bottle, towel and swim suit.

**Facility Member Fee - \$170 Program Member Fee - \$195**