



# SPORTS



Camp Group	Grade
<b>Basketball</b>	
Building confidence one dribble at a time! This camp is geared toward the beginner level player looking to learn the fundamental movements of basketball such as dribbling, passing and shooting as well as the social and listening skills of teamwork.	K-5th
<b>Aqua (Beginner &amp; Advanced Options)</b>	
<p><b>Beginner:</b> This camp is designed to teach campers at risk of drowning crucial water safety skills, the skills developed overlap with those taught in the Swim Basics of our YMCA Swim Lessons. Upon completion, campers gain drowning prevention skills and are prepared to transition to intermediate swim lessons.</p> <p><b>Advanced:</b> This camp is focused on stroke development and is geared towards swimmer who are already comfortable in the water. Campers will focus on freestyle, backstroke, breaststroke and butterfly. Advanced swimmers will focus on stroke techniques, diving, flip turns and learning competition terminology.</p>	K-8th
<b>Tennis</b>	
In Tennis Camp, participants will be transported to the Lakewood Tennis Center for a portion of their day to learn the basic skills and rules of the game. This camp is for the beginner level athlete.	K-5th
Requirements: Tennis Racket	
<b>Gymnastics</b>	
Instilling confidence and strength in all participants, this camp offers instruction and activities on the fundamentals of gymnastics for boys and girls in a fun and safe, team-building environment.	K-5th
<b>Ninja Gymnastics</b>	
Ninja gymnastics includes obstacle courses, bars, trampoline, ninja games and challenges and plenty of strength building with age-appropriate physical conditioning skills	K-5th
<b>Volleyball (NEW)</b>	
Bump, set, and spike your way into fun at our Volleyball Day Camp for grades 1st-5th! Campers will learn the fundamentals, develop essential skills, and build teamwork in an engaging and supportive environment. Perfect for the beginner level athlete looking to try something new!	1st-5th
<b>Flag Football (NEW)</b>	
Join us for an exciting Flag Football Day Camp designed for campers in grades 1st-5th! Campers will learn the fundamentals of the game, develop teamwork skills, and have a blast in a fun and supportive environment. Perfect for beginner level athletes wanting to try something new!	1st-5th



A typical day at camp:	
6:30-8:30am	Extended Day Care
8:30-9:00am	Camp Check-In
9:00-4:30pm	Sports Camp activities
4:30-6:00pm	Extended Day Care

## FAST FACTS:

- All sports camps include day camp activities and extended day care.
- Participants will be engaged in their skill building for a portion of the day ranging from 2-3hrs. When not in their specialty learning, campers will be engaged in traditional camp activities such as arts & crafts, team building and group games.
- \*ALL sports camps are designed for the beginner level participant seeking to learn the basic fundamentals of each sport.