

Sports Camps help build skills, fitness, and self esteem. Each session, a special emphasis will be placed on specific sports that includes skill sessions that provide campers with coaching and practice. Games and tournaments allow campers to test their skills. We will introduce our Badge Program to sports campers, which will focus on our YMCA Health and Wellness Initiatives. Campers will be able to collect badges that represent their healthy endeavors and achievements that they do with family and on their own.

# YMCA SPORTS CAMP

## HUSTLE & HEART SETS US APART

### Session 1

**Dates:** June 4-15

Campers with their eyes set on playing at the next level or just want to have fun competing, should look no further! Our basketball and football session will teach campers the fundamentals of both sports, as well as the importance of safety and teamwork. Campers will also get a chance to feel what it is like to slam dunk at our trip to Rebounderz!

**Field Trip:** Rebounderz

**Sports:** Basketball & Football

**Badge:** MIND

## Y'LYMPICS

### Session 3

**Dates:** July 2-13 (No camp July 4)

Our Y'lympics sports camp session is a sports camp tradition. Campers will be able to take part in different events, sports games, trivia, and even track and field competitions! Campers will get a chance to learn what it takes to make healthy choices and how it benefits their development in their favorite sport.

**Field Trip:** Scandia

**Sports:** Olympic Sports

**Badge:** RETHINK YOUR DRINK

## TALK WITH YOUR FEET, PLAY WITH YOUR HEART

### Session 5

**Dates:** July 30-August 10

On the pitch or on the free-throw line, campers will have a blast working on improving their skills through fun specialized drills and games. Our young athletes will discuss and reflect about the importance of doing the right thing and making the best choices possible, so they can become a healthy role model for their peers, siblings, and teammates.

**Field Trip:** Snoopy's Ice

**Sports:** Basketball & Soccer

**Badge:** FOOD & COMMUNITY

## TEAMWORK MAKES THE DREAM WORK

### Session 2

**Dates:** June 18-29

Swing away and look for passes during our epic baseball and soccer session. Hand-eye-coordination drills, fun skill activities, and insanely fun baseball and soccer games will leave your campers wanting more!

**Field Trip:** Cal Skate

**Sports:** Softball/Baseball & Soccer

**Badge:** EXERCISE

## ALL OUT, ALL DAY, ALL SESSION

### Session 4

**Dates:** July 16-27

Whether it be a hockey net, outfield, or tennis court, campers will have an opportunity to do some unique sports as our counselors plan out exciting activities and drills to maximize fun and our campers abilities.

**Field Trip:** Epicenter Bowling

**Olivet:** Hockey & Baseball/Softball

**Strawberry:** Tennis & Baseball/Softball

**Badge:** FAMILY INVOLVEMENT

### SANTA ROSA

Olivet

1825 Willowside Rd

### SANTA ROSA

Strawberry

2311 Horseshoe Dr



Ages 6 - 12

Hours 7am - 6pm

Campers swim twice a week

One fun-filled field trip per session

8:1 Camper to Counselor Ratio

Health & Wellness Program

PM Snack Provided