



# 2010 Sports Camps



YMCA  
We build strong kids,  
strong families, strong communities.

## Camp Dates

### Soccer I

June 21 - 25 / Ages 6 - 15

### Cheering

June 28 - July 2 / Ages 6 - 15

### Horseback Riding I

June 28 - July 2 / Ages 8 - 15

### Scrapbooking

July 5 - 9 / Ages 8 - 15

### Mall

July 12 - 16 / Ages 11 - 15

### Fit Kids

July 12 - 16 / Ages 6 - 15

### Flag Football

July 19 - 23 / Ages 8 - 15

### Soccer II

July 26 - 30 / Ages 6 - 15

### Dance

July 26 - 30 / Ages 6 - 15

### Basketball Camp

August 2 - 6 / Ages 6 - 15

### Horseback Riding II

August 9 - 13 / Ages 8 - 15

### Gymnastics

August 9 - 13 / Ages 6 - 15

### Golf

August 16 - 20 / Ages 10 - 15

### Game

August 23 - 27 / Ages 6 - 15

## REGISTRATION DATES

Portsmouth Y Members Only: Begins Wednesday March 10 at 6:30pm.

OPEN REGISTRATION : Begins Saturday March 13 at 10 am, and continues until all spots are filled.

## DAILY ACTIVITIES

Specialty camps at the YMCA run in one week sessions, Monday - Friday, generally from 9 a.m. to 12 p.m., but may differ slightly for each camp. Camp hours may be extended, if space is available, for children who would like to participate in a full day program with the afternoons spent enjoying gym games, arts & crafts, and free swim on Friday. The cost to extend care is \$50 for the week. Children must bring a lunch, drinks, and 2 snacks for the full day program. Campers enrolled in the extended day program may be dropped off as early as 7 a.m. and must be picked up no later than 6

p.m. Children must be signed in and out by an adult. Payment must be made in full at the time of registration.



# YMCA of Portsmouth 2010 Sports Camps



**FINANCIAL ASSISTANCE:** We believe every child should have the opportunity to enjoy YMCA camps. Our "Open to All" policy makes financial assistance available, as funds permit, to families who are unable to pay the full program fee. Financial assistance is made possible through generous contributions to our annual Strong Kids giving campaign

## Soccer Camp

Ages 6 - 15      \$70/105      9 - noon

Campers will learn the basic skills of passing, dribbling, trapping, heading, and shooting as well as the fundamentals of team play. Endurance and conditioning techniques will be introduced as important aspects of soccer. Bring shin guards, a soccer ball, water bottle, and a snack.

## HORSEBACK RIDING Camp

Ages 8 - 15      \$250/295      9 - 2

Join us as we head out to Hunter's Run Stables. Campers will learn about general horse care and grooming. Campers will do ground-work with the horses and also saddle up and ride. Bring a water bottle, a snack, and lunch.

## CHEERING Camp

Ages 6 - 15      \$70/105      9 - noon

Campers will learn cheers, chants, partner stunts, dance routines, and basic gymnastics skills. Exercises will be done to improve coordination, physical fitness, and team work. Bring a snack.

## GYMNASTICS Camp

Ages 6 - 15      \$80/115      9 - noon

Campers learn basic introduction to floor routines, balance beam, and other gymnastic skills. Strength and stretching techniques are emphasized. Bring a snack.

## DANCE Camp

Ages 6 - 15      \$70/105      9 - noon

Campers will have fun learning the moves for contemporary dancing including hip-hop, line dancing, zumba and others. Bring a snack.

## GAME Camp

Ages 6 - 15      \$70/105      9 - noon

Campers will spend their morning playing their favorite hand-held video and card games with friends. Campers must bring their own cards (such as Pokemon and Yu-Gi-Oh) and hand held video games (such as GameBoy and PSP). Bring a snack.

## GOLF Camp

Ages 10 - 15      \$ 80/115      9 - noon

Campers will learn basic golf skills such as chipping, putting, and driving as well as the fundamentals of the game of golf and golf etiquette. All participants must bring their own putter, wood, and iron. Bring a snack.

## BASKETBALL Camp

Ages 6 - 15      \$70/105      9 - noon

Campers will learn basic skills of passing, dribbling, and shooting as well as the fundamentals of team play. Bring a snack.

\* prices are listed as Member rate/Non-member rate

## FIT KIDS Camp

Ages 6 - 15      \$70/105      9 - noon

Campers will learn fun ways to incorporate exercise and healthy eating habits into their lives. Bring a snack.

## MALL Camp

Ages 11 - 15      \$70/105      9 - 1

Tweens and teens come join us for a fun week at five of our local malls. Enjoy scavenger hunts, bargain shopping, movies and more. Bring a snack.

## SCRAPBOOKING Camp

Ages 8 - 15      \$60/100      9 - noon

Join others to make friends and long lasting memories learning new techniques and a chance to stretch their creativity making a journal and calendar throughout the week.

## FLAG FOOTBALL Camp

Ages 8 - 15      \$70/105      9 - noon

Campers will learn football rules, positions, basic skills and drills, calisthenics as well as the fundamentals of team play. Bring a mouth guard and a snack.

