

## Teens & Youth (cont.)

### Fun, Fitness, and Sports Summer Camp

(3–4 year olds and 5–6 year olds)

Looking for a fun camp for your son or daughter this summer?

Don't miss out on this camp that focuses on FUN, FITNESS, and SPORTS!

This camp will provide your child with the proper direction and encouragement to learn and engage in fitness and sports-based skills. Fitness attributes such as balance, strength, flexibility, and coordination will be included.

- Soccer
- Volleyball
- T-ball
- Track & Field
- Small Groups
- Frisbee Day
- Kite Day
- Fitness & Flexibility
- Modified Tumbling
- Obstacle Course
- Water Balloon Day

Instructor:..... Ralph Schmidt  
B.S. Physical Education, ACE Certified

#### Camp 1

Days/Dates: . . . Monday through Friday, June 15 – 19  
Ages/Times: . . . 10:00 a.m. – 11:00 a.m. – Ages 3 and 4  
11:00 a.m. – 12:00 p.m. – Ages 5 and 6

Location: . . . . Founders' Field  
Fees: . . . . . \$78.00 resident discount  
\$94.00 nonresident

#### Camp 2

Days/Dates: . . . Monday through Friday, July 20 – 24  
Ages/Times: . . . 10:00 a.m. – 11:00 a.m. – Ages 3 and 4  
11:00 a.m. – 12:00 p.m. – Ages 5 and 6

Location: . . . . Boyce Mayview Park Pavilion  
Fees: . . . . . \$78.00 resident discount  
\$94.00 nonresident



### Junior Golf Program

Join the Professional Golf Staff of Frosty Valley Golf Links to learn the basics of this lifelong sport or fine-tune your current game. All students must provide their own clubs. **Junior classes for ages 9-15.** Space is limited.

Instructors:.... Professional Staff – Frosty Valley Golf  
Place: ..... Frosty Valley Golf Links  
(off of Boyce Road)

Times: ..... 9:00 a.m. – 10:00 a.m. – Beginners  
10:00 a.m. – 11:00 a.m. – Intermediate

Camp 1: ..... Monday through Friday, June 22 – 26  
Camp 2: ..... Monday through Friday, July 13 – 17  
Camp 3: ..... Monday through Friday, August 3 – 7

Fees: ..... \$62.00 per camp – resident discount  
\$78.00 per camp – nonresident

Participants to bring own clubs and water bottle.

### Speed, Agility, and Quickness (Ages 8-18)

Whether you want to increase your speed, agility, and quickness for any sport such as tennis, volleyball, basketball, soccer, hockey, baseball, football, or if you just enjoy a physical fitness challenge — this class can help. Work on improving power, jumping ability, speed endurance, core strength, lateral movement, and motor skills while also increasing your confidence. The exercises and drills in this class are also designed to improve flexibility and strengthen joints to promote injury prevention. The challenges of this class can be made more complex and sports-specific as the individual progresses. Please wear comfortable athletic clothing and shoes.

Instructor: . . Ralph Schmidt, B.S. Physical Education,  
ACE Certified

Camp 1: . . . . Monday through Friday, July 6 – 10  
Camp 2: . . . . Monday through Friday, July 13 – 17

Times: . . . . . 10:00 a.m. – 12:00 p.m.

Location: . . . To be announced

Fees: . . . . . \$103.00 per camp – resident discount  
\$129.00 per camp – nonresident

### All Skills Softball Camp (Ages 6-10)

This camp will serve as an introduction for fastpitch beginners and a way for those “veterans” of the ball-field to learn new drills and techniques for fielding and hitting to improve their basic fastpitch skills. Camp includes teaching of pitching skills, defensive drills - including defensive positioning, softhand and quick feet drills, bunt coverage and double play coverage. All campers will be introduced to and participate in a variety of hitting/bunting drills including tee work, soft-toss and basic hitting fundamentals. Base running and sliding will also be covered.

The final day of camp will be a scrimmage where girls will have the opportunity to use all the skills and techniques they have worked on in a fun game of fastpitch. The scrimmage will be followed by a picnic and all parents are welcome to attend.

Jen Wagner, USCHS Girls Varsity Softball Coach, will instruct the camp.

Jen is a former 3-time All-American from the University of California.

Date(s):..... June 22 – 25 (rain make-up June 26)

Day(s): ..... Monday through Thursday

Times: ..... 9:30 a.m. – 12:00 p.m.

Place: ..... Founders' Field

Fee: ..... \$78.00 resident discount  
\$88.00 nonresident

