

TAKE BACK YOUR SUMMER SPECIALTY CAMPS



YMCA Specialty Camps will engage your camper in summer skill-building fun! We have teamed up with local professionals and Y staff to offer a wide range of hands-on opportunities. This is YOUR summer! Make it fun!

Camp	Instructor	Dates	Ages	Times	Location	Min/Max	Cost
Martial Arts	Bob Klinger	June 7—9	6yrs—13 yrs.	8 a.m.-10 a.m.	YMCA	12-25	Y Mem \$85 Non \$125
POKÉMON™ Trainer Camp	Sarah Zander/ Victoria Lewis	June 28-30	6yrs—13 yrs.	8 a.m.—11 a.m.	YMCA & RoCo	10-25	Y Mem \$85 Non \$125
Tennis Camp	Nicole Hill	June 14 –16	8 yrs.—13 yrs.	8 a.m.-10 a.m.	Granite Quarry Tennis Courts	6-12	Y Mem \$85 Non \$125
Volleyball Camp <i>*one day beach vb</i>	Kathy Lackey	July 19-21	8 yrs.—13 yrs.	8 a.m.-10:30 a.m.	YMCA	15-30	Y Mem \$85 Non \$125
Sport Conditioning & Agility Clinic	Brian Hightower & Mike Britschge, Nutritionist	July 12-14	12 yrs.–16 yrs.	9 a.m.-11 a.m.	YMCA	10-25	Y Mem \$85 Non \$125
Explosive Starts & Turns Swim Camp	Sarah Zander & Caleb Helms	July 28 & 29	8 yrs.—13 yrs.	7 a.m.-9 a.m.	YMCA Pool	8-12	Y Mem \$85 Non \$125
Strokes Clinic	Sarah Zander & Caleb Helms	July 26 & 27	8 yrs.—13 yrs.	7 a.m.-9 a.m.	YMCA Pool	8-12	Y Mem \$85 Non \$125
Wood Turning Camp	Bob Povalkins	June 14-16	8 yrs.—15 yrs.	8 a.m.—11 a.m.	YMCA	8-15	Y Mem \$85 Non \$125
Golf Camp	Sophia Brown	June 28-30	10 yrs.—15 yrs.	8 a.m.-10 a.m.	McCanless Golf Course	8-15	Y Mem \$85 Non \$125
Softball Camp	Sarrah Holman	June 21-23	8 yrs.—15 yrs.	8 a.m.-10 a.m.	Faith Jaycee Ball Field	10-25	Y Mem \$85 Non \$125

Saleeby-Fisher YMCA
East Rowan Branch
790 Crescent Rd.
Rockwell, NC 28146
704-279-1742
rocabymca.org



GOLF CAMP

June 28-30

Ages: 10-15 yrs.

Cost: Y Members \$85

Non Member \$125

Location: McCanless Golf Course

Time:

Our camp is the perfect introduction for your aspiring amateur to learn golf basics such as rules, etiquette and proper technique. We teach campers driving, putting and proper club selection.



MARTIAL ARTS CAMP

June 7-9

Ages: 6-13 yrs.

Cost: Y Members \$85

Non Member \$125

Location: YMCA

Time: 8-10 a.m.

Self-discipline, self-control and proper technique come together in this exciting camp. Kids learn basic blocks, punches, form and self-defense. No colored belts or experience required.

POKÉMON™ TRAINER CAMP

June 28-30

Ages: 6-13 yrs.

Cost: Y Members \$85

Non Member \$125

Location: YMCA & RoCo

Time: 8-11 a.m.

Gotta catch 'em all! Campers will explore the Pokémon™ world with hands-on activities, group games and trading cards. They will learn about the evolution of Pokémon™, design their own Pokéballs, conduct Pokémon™ experiments and so much more!

SOFTBALL CAMP

June 21-23

Ages: 8-15 yrs.

Cost: Y Members \$85

Non Member \$125

Location: Faith Jaycee Ball Field

Time: 8-10 a.m.

This camp is for softball players of all abilities. Instruction will focus primarily on hitting, specific position fielding, base-running, and game situations. Players leave this camp with improved skills, higher self-confidence, and new friends!

SPORTS CONDITIONING & AGILITY CLINIC

July 12-14

Ages: 12-16 yrs.

Cost: Y Members \$85

Non Member \$125

Location: YMCA

Time: 9-11 a.m.

The off-season is where you should work the hardest. This camp will focus on improving your Strength-Mobility-Flexibility-Agility-Speed-Acceleration & Conditioning.

EXPLOSIVE STARTS & TURNS SWIM CAMP

July 27 & 28

Ages: 8-13 yrs.

Cost: Y Members \$85

Non Member \$125

Location: YMCA Pool

Time: 7-9 a.m.

Camp will focus on dives, underwater dolphin kicking, breakouts, flip turns, open turns and finishes.

STROKES CLINIC

July 26 & 27

Ages: 8-13 yrs.

Cost: Y Members \$85

Non Member \$125

Location: YMCA Pool

Time: 7-9 a.m.

This clinic will help swimmers improve butterfly, breaststroke, freestyle and backstroke techniques and drills.

TENNIS CLINIC

June 14-16

Ages: 8-13 yrs.

Cost: Y Members \$85

Non Member \$125

Location: Granite Quarry Tennis Courts

Time: 8-10 a.m.

Improve your tennis in a fun, positive atmosphere. Campers will leave with confidence, new friends and better tennis.

VOLLEYBALL CAMP

July 19-21

Ages: 8-13 yrs.

Cost: Y Members \$85

Non Member \$125

Location: YMCA Pool

Time: 8-10:30 a.m.

Campers will receive training in the fundamentals of passing, setting, hitting, serving, defense, offense and match play. *Weather permitting, Beach Volleyball play will be a portion of camp. *

WOODTURNING CAMP

June 14-16

Ages: 8-15 yrs.

Cost: Y Members \$85

Non Member \$125

Location: YMCA

Time: 8-11 a.m.

Campers will learn the safety and mechanics of turning wood on a lathe. Campers will have fun learning a life long skill, make and take home projects.

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