



Extend-A-Care YMCA Summer 2022 Sports Camp Themes

Weekly Theme:	Description:
Swimming and Water Games	This week we'll cool off in the water while learning basic swimming strokes. Campers will also be introduced to water basketball, water volleyball, and other games that can be played in and out of the pool.
Ultimate Frisbee	Get ready for a week outdoors with teammates participating in the dynamic and fast paced game of ultimate frisbee. Campers will learn the rules and techniques of the game, while completing drills to develop hand-eye coordination and catching skills.
Indoor Soccer	Let's take our soccer talents inside! Hone your technique and learn how to use the wall to your advantage.
Flag Football	All skill, no contact. Campers will learn positions, rules, and technique, then have the opportunity to apply what they practice on the field.
Soccer	Kick off your week with a goal! Campers will sharpen their dribbling, learn proper kicking techniques, engage in footwork drills, and scrimmage to put their new skills to the test.
Basketball	(offered twice) Hoop, there it is! Did you know basketball was invented at the YMCA in 1891? Campers will learn a brief history of the game, rules, and drills that will help develop fundamental skills. After basics are covered, it's time for the jump ball!
Basketball Wk 2	Dribble into basketball week 2! Lace up your shoes for this week filled with basketball drills, scrimmages, and basketball trivia. Campers are sure to learn the value of teamwork while also developing their individual skills.
Volleyball	Join us as we bump, set, and spike it this week! We will spend the week focusing on team work and the fundamentals of volleyball. Campers will practice essential skills like serving, passing, and hitting.
Kickball	This fun recreational game turned sport has more to it than meets the eye. This week you will learn the techniques in kicking, throwing, catching, and strategy of kickball. Additionally, campers will engage in plenty of friendly kickball competition and challenges!
Track and Field	Run, jump, and throw yourself into this week! This week will focus on relays, long jump, and other field games that will bring out the Olympian in your camper.