Basketball (offered twice) 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, we'll get into the game!

Soccer Sharpen your skills with fancy footwork! Learn proper kicking techniques, drills, and scrimmage to strengthen those 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.

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.

Track and Field Run. Jump. Throw. Fun! This week will focus on relays, long jumps, and other field games that will bring out the Olympian in your camper.

Kickball Kick, run, throw, and catch. Those are just a few of the skills we will focus during on this week of friendly competition.

Volleyball This introduction to volleyball will focus on team play and teaching campers essential skills like serving, passing, and hitting.

Bowling
Bowling is the perfect sport for a hot summer day. This week we will introduce campers to proper ball release, balance, timing, and bowling etiquette.