

Hartley Drive YMCA

2010 Summer Sports Camps

Camps	Dates of Camps	Time of Camps	Cost of Camps	Registration Dates	Camp Description
Volleyball Ages 6-14	June 21-25	9:00am-12:30pm	\$65 members \$95 non-members	January 15 - June 20	Teaches volleyball skills and fundamentals.
*Tennis Camp Ages 5-14	June 21-25 July 12-16 August 2-6	9:00am-12:30pm	\$65 members \$95 non-members	January 15 - June 20 January 15 - July 11 January 15 - August 1	This camp will place emphasis on skills development and fundamentals of tennis.
Cheerleading/ Dance Camp Ages 5-13	June 28-July 2 July 19-23 August 9-13	9:00am-12:30pm	\$65 members \$95 non-members	January 15 - June 27 January 15 - July 18 January 15 - August 8	This camp will focus on teamwork, strength, flexibility, jumps, cheers (pom poms), and dance.
Flag Football Camp Ages 6-13	June 28-July 2	9:00am-12:30pm	\$65 members \$95 non-members	January 15 - July 1	This new camp will teach rules, teamwork, techniques, and skills of football in a non-contact setting.
Speed and Agility Camp Ages 8-14	July 5-9	9:00am-12:00pm	\$65 members \$95 non-members	January 15 - July 3	This camp will focus on increasing your range of motion, balance, stability and explosiveness, giving you more power.
Alternative Sports Camp Ages 6-12	July 12-16	9:00am-12:30pm	\$65 members \$95 non-members	January 15 - July 11	This camp will teach the basics of sports such as dodgeball, wiffle ball, kickball, etc.
Arts and Crafts Camp Ages 7-13	July 12 -16 August 2-6	9:00am-12:00pm	\$65 members \$95 non-members	January 15 - July 11 January 15 - August 5	This camp will teach painting, sewing, building, and sculpting. The purpose will be to create various projects using creativity and imagination.
Dreams in Motion Basketball Camp Ages 7-14	July 19 - 23	M-Thu 9:00am-4:00pm Fri 9:00am-12:00pm	\$150 members \$175 non-members	January 15 - July 22	Former Wake Forest and NBA player Delaney Rudd hosts this camp to teach all aspects of basketball.
Soccer Camp Ages 6-14	July 26-30	9:00am-12:30pm	\$65 members \$95 non-members	January 15 - July 25	This camp will teach the basics and fundamentals of Soccer.
All-Sports Camp Ages 6-14	August 2-6	9:00am-12:30pm	\$65 members \$95 non-members	January 15 - August 1	This camp will highlight a different sport each day. Sports include: Basketball, Soccer, and Football.
Basketball Camp Ages 6-14	August 9-13	9:00am-12:30pm	\$65 members \$95 non-members	January 15 - August 12	This camp will teach the basics and fundamentals of basketball.

***This camp will be held at High Point Central High School but drop off will be at Hartley Drive Family YMCA.**

Camps have limited space and are based on a first come, first serve basis.

Please contact Kevin Swider at 336-869-0151 or kswider@hpymca.org with any questions.

