

YOUTH BASKETBALL CAMP

Ages 8 -13 (boys and girls)

Basketball camp will be offered again this summer. This is a highly instructional program. Children will be divided into groups by age and ability where players will focus on the development of individual skills by drills, competitions and games. This is a great program for current and prospective YMCA youth basketball league participants. This camp can be physically demanding. Each camper needs to bring a water bottle, lunch and dress in appropriate clothing suitable for playing basketball. Campers will also participate in end of day swim. Please bring towel and bathing suit!

Dates: Camp Week 1 – June 15-19

Camp Week 5 – July 13-July 17

Times: 9:00am to 4:00pm

(drop off as early as 7:30am at Rehoboth Elementary, pick up as late as 6:00pm at the YMCA)

Fees:

Non-Refundable Deposit \$40/child/week

Full Members \$170 per session

Program Members.... \$180 per session

GYMNASTICS CAMP

Ages: 6-13 (boys and girls)

This year, Gymnastics camp returns to a full day! Learn to tumble and balance in our very popular camp. Taught by instructor Rachel Cryne, participants will learn a variety of skills on the beams, mats and trampolines. Participants will also be engaged in youth yoga class and some outdoor activities. Campers will participate in daily swimming, so please bring towel and bathing suit.

Dates: Camp Week 2 – June 22-June 26

Camp Week 8 – August 3-7

Times: 9:00am to 4:00pm

(drop off as early as 7:30am at the YMCA, pick up as late as 6:00pm at the YMCA)

Fees:

Non-Refundable Deposit \$40/child/week

Full Members \$170 per session

Program Members.... \$180 per session

Y SPORTS CAMP

Ages: 6 -10 (boys and girls)

For the youngster who is starting to get some interest in sports. Focus of this sports camp will be instruction in a variety of different sports in a low key, less intense atmosphere. We will play different sports each day learning rules of each and how to play them. The camp includes a field trip on Thursday, a beach day and pool time in the afternoons! Please make sure each camper packs a lunch and water bottle. Campers should be dressed in shorts, t-shirt and sneakers and bring a towel and swimming suit.

Dates: Camp Week 6 – July 20-24

Camp Week 9 – August 10-14

Times: 9:00am to 4:00pm

(drop off as early as 7:30am at Rehoboth Elementary, pick up as late as 6:00pm at the YMCA)

Fees:

Non-Refundable Deposit \$40/child/week

Full Members \$170 per session

Program Members.... \$180 per session



**DEWEY BEACH SPRINT TRIATHLON
SATURDAY, SEPTEMBER 19**

Touted as the "largest sprint triathlon on the east coast," this 13th annual event supports the Sussex Family YMCA Annual Strong Kids Campaign – which provides membership and program scholarships for area kids and families that are in need of financial assistance to participate at the Y. For more info visit www.dewey-beachtriathlon.com. Many volunteers and sponsors are needed for this event. If you would like to volunteer or sponsor this event, please contact James Botti @ jbotti@ymcade.org

**SEASHORE STRIDERS/YMCA 5 MILE RUN/ 1 MILE WALK
SUNDAY, JULY 26**

Celebrating its 27th year (the oldest event of its kind in Rehoboth Beach), this run and walk benefit YMCA Youth Sports. This year's event will take place at Deauville Beach on Sunday July 27. Contact Seashore Striders at www.seashorestriders.com, or on their hotline at 302-644-8952. Registration forms can be picked up at the YMCA or by sending a self addressed stamped envelope to Seashore Strider Event Production, Inc., PO Box 99, Nassau DE 19958. If you would like to be a sponsor for this event, please contact James Botti at jbotti@ymcade.org. Volunteers are also needed for set-up, water stops and refreshments.

KARATE FOR KIDS

TANG SOO DO

Grades: 1 thru 6

Instructor: Master Gene Handlin

Regular martial arts training helps children learn: respect, self-discipline, concentration, courtesy, and control of their thoughts/bodies/actions. It also helps children gain confidence and self esteem. Tang Soo Do is the method of empty hand and foot fighting based on the scientific use of the body in self defense. Training in Tang Soo Do stresses the development of individual character, integrity and respect for others. Tang Soo Do teaches us that through consistent training, we will become the very best physically, mentally and spiritually.

*Day & Time Wednesday 6:30pm to 7:15pm
and Friday 6:30pm to 7:15pm*

Fees:

Full Members FREE

Program Members . . . \$125/session

