

SUMMER SPORTS CLINICS



Basketball June 3-6

Players will progress through the skills of Basketball: dribbling, passing, shooting, and defensive skills through drills.

Flag Football June 10-13

Kids get experience playing every position while learning the offensive and defensive basics. These drills include but are not limited to catching, passing, handoffs, and running routes.

Soccer June 17-20

Kids will work through a curriculum focused on ball control, passing, trapping, shooting, and defense. Participants have the option of bringing their shin guards and cleats.

Volleyball June 24-27

Kids learn about the sport of Volleyball including rules, communication skills, serving, setting, and passing.

Golf July 8-11

Participants will learn the game of golf through a curriculum designed by First Tee. Integrating the game of golf with a life skills curriculum to help build character and promote healthy choices. Participants will learn the four basic golf shots, putt, chip, pitch, and full swing, while also learning the Nine Core Values.

Pickleball July 15-18

Participants will learn the game, including game etiquette, rules, basic strokes, scoring techniques, and coordination skills.

Tennis July 22-25

Participants will learn the game, including game etiquette, rules, basic strokes, scoring techniques, and coordination skills.

All Sports July 29 - Aug. 1

Keep your kids active with this clinic. Each day, we'll play different sports, including but not limited to Basketball, Soccer, Flag Football, and Volleyball.

HOURS

1:00 pm to 4:00 pm (Drop-off begins at 12:45 pm.)

LOCATION TBD

COST

\$100/week for Y members

\$120/week for non-members

MAT SNIDER

Youth Sports Senior Program Director

Mat.Snider@dmymca.org | 515.224.1888

Sports clinics are for children ages 6-12.