



NEW! All Sports Camp (Ages 13-15)

WEEK 6 IS FULL!!

Week 2, 6 and 9 9 am - 4:30 pm \$210/week

Featuring "Built-in" before and after care for your convenience 6:30 am – 6:30 pm. Note that campers will participate in supervised, self-directed, unstructured activities during before and after care hours.

The All Sports Camp is designed for those early teens that enjoy, play, or even want to improve their skills at a camp that does it all. Camp will consist of instruction, game play, and tournaments all while focusing on good sportsmanship. All Sports camp is a competitive camp that will encourage the campers to work together in team sports, stressing the importance of a team and teamwork. The sports include basketball, volleyball, soccer, football, ultimate Frisbee, and many more. Since the summer days are often hot, the campers will participate in indoors activities including weight training, basketball, water pool, and recreational swimming. Campers will also participate in educational sessions with fitness trainers, nutrition specialists, and area athletes. All Sports camp also includes weekly field trips to Hemlock Overlook. Campers should bring a swimsuit, towel, lunch, snacks and sunscreen each day.