

# YOUTH FITNESS

For more information about these programs, email Holly at [hmetzger@yorkjcc.org](mailto:hmetzger@yorkjcc.org). **Students enrolled in ECE/SACC receive \$5 off M/NM rates.**

**Programs run June 3 - August 24.**

The school district neither encourages nor discourages a student's participation in the activity described herein.

## Sam Sutton Skills Academy

Class is taught by a former York High standout, 4-year starter, and 1,000+ point scorer at Towson University who is also a basketball coach and professional trainer.

### **Basketball 101** (Grades K-3)

Players will learn the basic skills of the game. This is a fun introductory class for children who want to explore the sport.

One Session: **M \$52 | NM \$67**  
Two Sessions: **Receive \$10 Off**  
**Drop-in: M/NM \$19**

S1: June 3 - 24 | Mondays  
4 Weeks | 4:15 - 5:00 PM | Gym  
  
S2: July 8 - 29 | Mondays  
4 Weeks | 4:15 - 5:00 PM | Gym

### **Dribbling Clinic** (Grades 4-8)

One Session: **M \$68 | NM \$88**  
Two Sessions: **Receive \$10 Off**  
**Drop-in: M/NM \$23**

S1: June 3 - 24 | Mondays | 4 Weeks  
6:00 - 7:00 PM | Gym  
S2: July 8 - 29 | Mondays | 4 Weeks  
6:00 - 7:00 PM | Gym

### **Shooting Clinic** (Grades 4-8)

One Session: **M \$68 | NM \$88**  
Two Sessions: **Receive \$10 Off**  
**Drop-in: M/NM \$23**

S1: June 3 - 24 | Mondays | 4 Weeks  
7:00 - 8:00 PM | Gym  
S2: July 8 - 29 | Mondays | 4 Weeks  
7:00 - 8:00 PM | Gym

### **Basketball 102** (Prereq. 101 - Grades 1-4)

Class will cater to beginning players, focusing on dribbling, shooting, passing, defense, and skills needed to compete on a team.

One Session: **M \$68 | NM \$88**  
Two Sessions: **Receive \$10 Off**  
**Drop-in: M/NM \$23**

S1: June 4 - 25 | Tuesdays  
4 Weeks | 5:00 - 6:00 PM | Gym  
S2: July 9 - 30 | Tuesdays  
4 Weeks | 5:00 - 6:00 PM | Gym

## Sports Training/Workshop

Designed to educate parents and players how to train, this workshop develops athletes' speed, agility, and strength while improving their movement patterns and is taught by certified athletic trainer and strength & conditioning specialist, Mike Fleming.

### **Off-Season Training** (Grades 8-12)

June 15 | Saturday | 10:00 - 11:30 AM  
Gym | **M \$20 | NM \$25**

### **In-Season Training** (Grades 8-12)

August 3 | Saturday | 10:00 - 11:30 AM  
Gym | **M \$20 | NM \$25**

## Safe Kids Tae Kwon Do (Ages 6+)

Learn about safety awareness and self-defense while building confidence and self-esteem from instructor Stephen Kirby, 7th Degree Black Belt. To register, call 717.252.2824.

June 24 - September 16 | Mondays  
12 Weeks | 6:20 - 7:20 PM | Gym | **M/NM \$75**  
No Class: September 2

## Girls on Fire Summer League

DIV. 1: Grades K-2 | Co-Ed  
DIV. 2: Grades 3-4 | Co-Ed  
DIV. 3: Grades 5-6 | Girls  
DIV. 4: Middle School | Girls  
DIV. 5: High School | Girls

Call 717.538.6122 for more information.

May 29 - June 27 | Tuesdays | Wednesdays  
Thursdays | 6:00 PM | 7:00 PM | 8:00 PM  
7 Weeks | Sam Sutton | Gym  
**Team \$600 or Player \$60**  
**Registration Deadline: May 22**

# FITNESS/SPORTS CAMPS

## **EARLY BIRD SPECIAL**

Sign up on or before May 24 and receive \$10 off of each camp for each participant.

## PJ Mask & Paw Patrol Adventures (Ages 4-9)

Use the power of your imagination to explore a variety of activities, solve mysteries, and learn life-long lessons. Campers will participate in a closing ceremony last day of camp.

June 10 - 14 | 9:00 - 10:30 AM | Gym  
**M \$75 | NM \$97 | Drop-in: M \$20/NM \$26**

## Sam Sutton Skills & Drills (Ages 4-14)

Camp will teach each player the fundamental skills and drills of the game while providing a memorable experience that will help them succeed, both on and off the court.

Ages 4-5 | June 17 - 21 | 9:00 - 10:15 AM  
Gym | **M \$100 | NM \$130**

Ages 5-8 | June 17 - 21 | 10:30 - 12:00 PM  
Gym | **M \$150 | NM \$195**

Grades 4-9 | July 15 - 18 | 9:00 - 3:00 PM  
July 19 | 9:00 - 12:00 PM | Gym  
**M \$175 | NM \$200**

## Sports Academy (Ages 3-9)

Class emphasis is placed on agility, movement, hand and eye coordination, balance, and stroke development. Participants learn different tennis skills, individual skills, and partner play while playing fun games and activities. Each day will include light snack and free play.

Ages 3-5 | June 24 - 28 | 9:00 - 11:00 AM | Gym  
**M \$95 | NM \$123 | Drop-in: M \$24/NM \$31**

Ages 6-9 | June 24 - 28 | 9:00 - 11:00 AM | Gym  
**M \$95 | NM \$123 | Drop-in: M \$24/NM \$31**

# FITNESS/SPORTS CAMPS

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## Programs run June 3 - August 24.

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### Dance Camp (Ages 4-7)

Dancers will enjoy learning the fundamentals and art of ballet, tap, and jazz while developing good posture, body movement, rhythm, and proper technique through stories of their favorite princesses with Miss Cheryl.

July 8 - 11 | 4:00 - 5:00 PM | Studio 1  
**M \$60 | NM \$84**

### Extreme Nerf Training (Ages 5-9)

Come have a "blast" as you put your Nerf skills to the test! Participants will hone their accuracy in the shooting range, obstacle through boot camp target practice, and battle during games of ultimate team attack, zombie strike, and tactical capture the chicken. Safety will be a priority (no head shots). All children will be provided with safety goggles and tactical gear to use for the session. Please provide your own nerf blaster that uses standard darts (7.2x1.2cm), but do not bring your own darts as they will be provided. Participants will leave with a tactical headband and Nerf Training Completion Certificate. Each day will include a light snack and free play.

July 8 - 12 | 9:00 - 10:30 AM | Gym  
**M \$75 | NM \$97 | Drop-in: M \$20/NM \$26**

### Mark Ludwig Soccer Academy (Ages 3-9)

Class will focus on soccer fundamentals, decision making, and skill development through group play and tactical skills.

Ages 3-5 | July 23 - 26 | 9:00 - 10:00 AM | Gym  
**M \$80 | NM \$104**

Ages 6-9 | July 23 - 26 | 10:00 AM - 12:00 PM  
Gym | **M \$120 | NM \$156**

### Tennis Camp (Ages 4-9)

Camp emphasis is placed on athletic developing that includes agility, movement, coordination, balance and stroke development using age appropriate teaching tools. Campers will enjoy working on their individual skills and partner play while playing fun games and activities.

July 29 - August 2 | 9:00 - 10:30 AM | Gym  
**M \$75 | NM \$97 | Drop-in: M \$20/NM \$26**

### Golf Camp (Ages 4-9)

Camp focuses on fundamental movements such as: chipping, pitching, putting, and full swing to quickly and effectively develop playing ability. Camp is taught by PGA Professional Matt Keller.

July 29 - August 2 | 10:30 - 11:30 AM | Gym  
**M \$70 | NM \$91 | Drop-in: M \$20/NM \$26**

## SAVE \$25

Sign up for both Tennis and Golf Camp. Campers will also receive a snack.

### Princess & Knight Dance (Ages 3-6)

Participants can expand their imaginations and live out their fairy tale dreams of dress up, dancing, and stories! The camp will also teach a "character trait" (love, joy, respect, kindness, patience and self-control). On Friday, there will be a "Ball" where parents can see what their children have learned with Miss Cheryl. Light refreshments will be served at the ball.

August 5 - 9 | 4:00 - 5:00 PM | Studio 1  
**M \$60 | NM \$84**

### Ninja Warrior Training (Ages 4-7)

Ninja's will participate in warm-up and training exercises, followed by a ninja warrior course to prepare for your ninja mission. Ninja Warrior Training certificates will be awarded last day of camp at the Ceremony. Each day will include light snack and free play

August 5 - 9 | 9:00 - 11:00 AM | Gym  
**M \$95 | NM \$123 | Drop-in: M \$24/NM \$31**

### Pirate Camp (Ages 4-6)

Arrrghhhh you ready for some fun? Pirates will search for treasure, create pirate crafts, and enjoy snacks on the raging seas.

August 12 - 16 | 9:00 - 10:30 AM | Gym  
**M \$75 | NM \$97 | Drop-in: M \$20/NM \$26**



# SWIM LESSONS

Monday - Thursday  
2 Weeks

There are no make-ups for missed classes. Should classes need to be canceled for extenuating circumstances, the participant will receive in-house credit for that class. Students may only register for one class per session.

## Session 1 June 17 - 27

Member Registration:  
May 28 | 5:00 AM

Non-Member Registration:  
May 31 | 5:00 AM

Registration Closes:  
June 10

## Session 2 July 8 - 18

Member Registration:  
June 25 | 5:00 AM

Non-Member Registration:  
June 28 | 5:00 AM

Registration Closes:  
July 3

## Session 3 July 29 - August 8

Member Registration:  
July 16 | 5:00 AM

Non-Member Registration:  
July 19 | 5:00 AM

Registration Closes:  
July 25

## Swim Lesson Rates

Monday - Thursday | 2 Weeks  
M+ Free | M \$55 | NM \$105

## Private Lesson Rates

For ages 4 years+. Must be used within one year of purchase. To book your lessons, contact Patty at [patty@yorkjcc.org](mailto:patty@yorkjcc.org).

1 Lesson  
M+ \$30 | M \$35 | NM \$40

6 Lessons  
M+ \$160 | M \$190 | NM \$210

10 Lessons  
M+ \$240 | M \$290 | NM \$320

12 Lessons  
M+ \$260 | M \$320 | NM \$360

## Partner Lesson Rates

For ages 4 years+. Only two people, of the same swimming ability, per lesson. Must be used within one year of purchase. Each person must buy a package. There is no sharing of packages. To book your lessons, contact Patty at [patty@yorkjcc.org](mailto:patty@yorkjcc.org).

1 Lesson  
M+ \$23 | M \$27 | NM \$31

6 Lessons  
M+ \$120 | M \$140 | NM \$165

10 Lessons  
M+ \$185 | M \$215 | NM \$245

12 Lessons  
M+ \$210 | M \$235 | NM \$270

## Parent and Child Aquatics (Ages 6 months-4 years)

This class is designed for children and their parents with the purpose of familiarizing children with water and teaching swimming readiness skills. In addition, you are provided with safety information and techniques used to help orient children to water.

S1, S2, S3: 5:30 - 6:00 PM

## Preschool Swimming (Ages 4-5)

### Level 1

At the first level, children start developing good attitudes and safe practices around the water. This class is for children that are new to the pool and have never taken any swim lessons before nor swam without a flotation device.

S1, S2, S3: 4:00 - 4:30 PM

### Level 2

Students will build and refine the basic aquatic skills learned in Level 1 at a slightly more advanced degree. This level marks the beginning of independent locomotion skills.

S1, S2, S3: 5:00 - 5:30 PM

### Level 3

Students grow the skills learned in Levels 1 and 2 by providing additional guided practice of basic aquatic skills at more proficient performance levels and greater distances and times. Skills in this level are performed independently. This class improves coordination of combined, simultaneous, and alternating arm and leg actions.

S1, S2, S3: 4:30 - 5:00 PM

## Ages 6+ Lessons

### Level 1 - Intro to Water

Participants learn elementary aquatic skills and basic water safety to help feel comfortable in the water.

S1, S2, S3: 5:00 - 5:30 PM

### Level 2 - Fundamental Aquatic Skills

Learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills.

S1, S2, S3: 4:30 - 5:00 PM or 5:30 - 6:00 PM

### Level 3 - Stroke Development

Participants will learn the survival float, front crawl, and elementary backstroke while building on previously learned skills. The scissor kick, dolphin kick and diving will also be introduced.

S1, S2, S3: 4:30 - 5:15 PM or 6:00 - 6:45 PM

### Level 4 - Stroke Improvement

Participants will improve their skills while increasing distances, using the learned stroke (front crawl/elementary backstroke). Swimmers are taught arms for scissor kick, backstroke, breaststroke, and butterfly.

S1, S2, S3: 5:15 - 6:00 PM

### Level 5 - Stroke Refinement

Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke) and increase their distance. Flip turns are also introduced.

S1, S2, S3: 6:00 - 6:45 PM

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