

Check out these awesome Summer Youth Camps, Programs & Workshops at the YMCA

Ages 5—8: YADC: Youth Adventure Day Camp

YADC is designed to provide peace of mind to working parents while giving kids a chance to be kids and have fun for the summer. YADC enjoy activities like arts & crafts, swimming, cooking, outdoor games and weekly trips to local attractions.

Ages 5—12: Recreational Soccer Camp

Directed by Dustin Shambach, Carlisle Youth Soccer Trainer. Each participant will receive a ball and a camp t-shirt. July 13—17, 5:30—7:30. Fees apply. Stop by our Welcome Center for details.

***K—5th: Beginner Hip Hop: Tuesdays & Thursdays 5:00-5:45pm**

Starting June 17th we will be offering a beginner level Hip-Hop class in the Youth Fitness Center. Join us and learn the basics of Hip-Hop dance as well as beginner routines. Youth ages K-5th grade are welcome.

Ages 7—14: Jazz for Youth: Monday & Wednesdays 2:00-3:00pm

Learn proper technique in a fun and encouraging atmosphere from one of the best in the business, Kathleen Russell. Two 8-week per sessions. Session I: 6/23 - 7/23. Session II: 7/28 - 8/20. **Member Fees per Session: \$20, Non-Member Fees per Session: \$40**

***Ages 7—14: Kid's Yoga: Wednesdays 10:00-11:00am and Tuesdays & Thursdays 4:00-5:00pm**

This class introduces Yoga fundamentals and skills needed. Yoga provides a relaxing, stress-free environment allowing young people to channel their energy towards a positive mind & body experience. No Yoga experience is necessary. Begins June 16.

Grade 3—8: Youth Field Hockey Camp

Directed by Devon Collier, Carlisle High School Field Hockey Coach. Each participant will receive a camp t-shirt. June 23—27, 9:00a—11:30a. Fees apply. Stop by our Welcome Center for details.

***Ages 9 & up: Summer Youth Racquetball League: Mondays 7:00-9:00pm**

Join us on Monday evenings for basic instruction on how to play the game of racquetball and enjoy some round robin play. The League runs from June 16th until August 11th. **Non-Member Fee: \$20**

Y-Arts Summer Workshops (6th grade & up)

Video Dance Workshop

June 22nd - 28th
2:00p—4:00p

Actors Workshop

July 20th - 26th
2:00p—4:00p

Creative Writing Workshop

August 3rd—9th
2:00p—4:00p

Fees per workshop: \$105 (Member)

***Grade 6 & up: Yoga For Athletes: Mondays 10:00-11:00am**

An active, strong and dynamic workout designed to enhance the physical performance of competitive athletes, giving young athletes the edge they need to get ahead. Two 4-week sessions. Session I: 6/16 - 7/14. Session II: 7/21—8/18. **Non-Member Fee: \$20**

***Ages 13 & up: Teen Cycling: Tuesdays 8:00-9:00pm**

Ride with Zach Adams as he takes you through an intense cardiovascular workout. Enjoy new music and a fun atmosphere while you keep yourself in shape through the summer months. Classes begin June 17.

***Ages 13 & up: Youth Wallyball: Thursdays 8:30-10:30pm**

Learn the basics of this fun sport, form teams and then play while getting a good cardiovascular workout. Classes begin June 19.

***Ages 13 & up: Youth Movie Night: Wednesdays 9:00-11:00pm**

Meet your friends at the YMCA once a week to watch a movie. Each week a new movie will be featured based on what the crowd from the previous week has selected to see. **Non-Member Fee: \$5**

This activity is not sponsored or endorsed Except by Member

\$125 (Non-member)

by the Carlisle Area School District

Free to members

For more information on these programs, stop by our Welcome Center, give us a call at 243-2525 or visit us on the web at www.carlislefamilyymca.org.

