



SPORTS PERFORMANCE SUMMER CLINICS

at the Park Slope Armory

Our clinics are designed to work on the important fundamentals of the game while conditioning our young players to be more confident and successful. Our goal is to teach and challenge our players in a fun, safe, and encouraging environment.

TIME: 9:00 AM – 1:00 PM

FEES: \$290 Members
\$365 Non-members

REGISTRATION OPENS ON APRIL 13th

Sibling Discount: 10% off

Sign up for 3 or more weeks, get 20% off of one week

Discounts cannot be duplicated!

FOR MORE INFORMATION:

Shomari Jordan

Sports & Healthy Lifestyles Coordinator
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Ages 8-12:

Basketball

July 8-12

July 15-19

July 22-26

July 29 - August 2

August 12-16

August 19-23

August 26-30

Flag Football

July 29 - August 2

August 19 - 23

Track & Field

July 15 - 19

August 5 - 9

August 26 - 30

Soccer

U12: August 5 - 9

Ages 10-14:

Speed & Strength*

July 22 - 26

August 26 - 30

*Speed & Strength clinic runs
from 10am - 12pm*

Members: \$175

Non-Members: \$235

CO-ED AGES 8 - 14



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STAY COOL WITH US THIS SUMMER! SPORTS PERFORMANCE CAMPS

SOCCER (AGES 8-12)

Learn better ball control, foot work, shooting techniques, and conditioning with us to improve confidence and game play in our young athletes. If the weather is nice, we will even be taking our game outdoors!

BASKETBALL (AGES 8-12)

Work on your fundamentals like ball handling, passing, and shooting techniques with us that will give our young players the edge they need to succeed on and off the court!

TRACK & FIELD (AGES 8-12)

Focused to develop motor skills, improve endurance, and enhance techniques to help make our participants faster, more versatile athletes in any sport. Field work like the high jump, long jump and javelin throws will show them the total experience as a track athlete.

FLAG FOOTBALL (AGES 8-12)

Improve football skills such as passing, receiving, flag pulling, and offensive/defensive schemes while working on overall conditioning. Small-sided games also give your athlete the in-game experience they need to really learn the game!

SPEED & STRENGTH (AGES 10-14)

Sports Conditioning is important in any sport you play! Improve your speed, strength, coordination, and flexibility with our trainers and coaches. These tools will help any athlete maintain a healthier lifestyle while preventing sport induced injuries! Our August clinic will be focused on pre-season conditioning in preparation for our fall sports seasons and is a great opportunity for those entering middle school and high school athletics. *Note: This clinic only runs from 10am - 12pm and is a different price than our other clinics.*