



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Tennis Camp Speed & Agility



SPORTS AND RECREATION
2017 Tennis Camp / Speed & Agility
MAQUOKETA AREA FAMILY YMCA

Y Summer Day Camp

Looking for something new and exciting to do this summer? Try Y Summer Day Camp! Weekly field trips!

Who can be in the camp?

Must have just completed K - 5th grade.

What is a typical day at camp like?

Monday - Thursday

- ◆ 7:00 - 8:30 Drop Off
- ◆ 8:30 - 9:00 Health & Wellness
- ◆ 9:00-11:00 Learning Corner
- ◆ 11:00-12:15 Lunch / Free Play
- ◆ 12:15 - 2:00 Daily Highlight
- ◆ 2:00- 4:00 Games / Activities / Snacks
- ◆ 4:00 - 5:00 Post-Care / Home

****9am swim lessons are offered for campers with an additional fee****

Camp Weeks

- ◆ Week 1 May 30—June 2
- ◆ Week 2 June 5—June 9
- ◆ Week 3 June 12—16
- ◆ Week 4 June 19—23
- ◆ Week 5 June 26—30
- ◆ Week 6 July 3—7 (Does not meet on July 4)
- ◆ Week 7 July 10—14
- ◆ Week 8 July 17—21
- ◆ Week 9 July 24—July 28
- ◆ Week 10 July 31—August 4
- ◆ Week 11 August 7 August 11
- ◆ Week 12 August 14—18

What do I need everyday for Y Summer Camp?

- ◆ Swimsuit
- ◆ Towel
- ◆ Sack Lunch
- ◆ Plenty of energy to have some fun!



Waiver of Liability and Promotion

The Maquoketa Area Family "Y" (hereinafter referred to as "Y") is not obligated to furnish any insurance under the "Y" Tennis Program referred to below although it may do so without any obligation as to the adequacy of any insurance it might furnish. I, the parent or guardian of the applicant agree that the "Y" and all individuals participating in the "Y" Tennis Program, in any capacity, will not be liable for any causes of actions, claims and injuries arising out of the participation of the applicant in the "Y" Tennis Program, and hereby release all said individuals from such claims and liabilities. The undersigned acknowledges that in all sports there are certain risks of physical injuries and all players participate at their own risk. I, as legal guardian or parent of any applicant hereby consent to the participation of the applicant in the "Y" Tennis Program under the above mentioned conditions. I, also agree to abide by the young athlete's bill of rights.

We (I) give our (my) consent for this player to be photographed, videotaped and/or filmed while participating in any YMCA activity and for the resulting photos, etc. to be used by the YMCA for educational and promotional purposes. I have read and understand the above:

LEGAL AUTHORIZATION OF REGISTRATION INFORMATION AND WAIVER OF LIABILITY AND PROMOTION

Signature of Parent or Guardian

Date

Tennis Camp

Session A (17JUN)

**Beginner/ Advanced Beginner/ Intermediate/
Advanced Intermediate Ages 6-18**

Dates: June 5th-9th
Times: 9:00am - 10:30am
Location: High School Tennis Courts
Instructor: Carol Hammill

Session B (17JUN)

**Beginner/ Advanced Beginner/ Intermediate/
Advanced Intermediate Ages 6-18**

Dates: June 12th-June 16th
Times: 9:00am - 10:30am
Location: High School Tennis Courts
Instructor: Carol Hammill

Session C (17JUL)

**Beginner/ Advanced Beginner/ Intermediate/
Advanced Intermediate Ages 6-18**

Dates: July 17th-21st
Times: 9:00am - 10:30am
Location: High School Tennis Courts
Instructors: Carol Hammill

Tennis Camp

Beginner

Will cover the basics of tennis. Students will learn to hit forehand and backhand ground strokes. Participants will also learn the rules of the game and how to keep score.

Advanced Beginner

Practices the skills learned in beginning tennis. The new skills that are introduced are serving and volleying.

Intermediate/Advanced Intermediate

Gives students a chance to improve the basic skills they have learned. Control and placement are an important part of both classes. Students will work on developing their serving accuracy and will begin to use topspin

**Sign up NOW!
Registration**

Open until all sessions are full.

Fees: \$30 per "Y" Member
\$40 per Non "Y" Member

Speed & Agility (17JUN)

- ◆ 3rd—8th Graders
- ◆ Ages 8-15
- ◆ Tuesdays & Thursdays
- ◆ June 6th—August 10th
- ◆ No classes on July 4th and 6th
- ◆ 9:00am-10:00am
- ◆ Classes will be held at the YMCA
- ◆ Participants will be in gym, outside, and in pool varying on workout schedule

**Sessions are limited to 16 participants *
Sign up early to save a spot!**

Our Speed and Agility Training is a combination of lateral movement, flexibility, power and balance drills to help athletes improve and excel in their respective activities. This training focuses on increasing your flexibility, speed and agility through a series of drills that enhances your athletic ability with dynamic movements.



**Financial Assistance Available:
No one is turned away due to an inability to pay a fee! Complete application at the YMCA Welcome Desk.**



The Maquoketa Area Family YMCA 2017 Tennis and Speed & Agility –Registration Form
500 E. Summit St. Maquoketa, IA 52060 – Phone (563) 652-6566
TO BE FILLED OUT BY PARENT OR GUARDIAN

Participants Name _____ Boy _____ Girl _____ Birthday ____/____/____ Age _____ Grade _____

Address _____ City _____ Zip _____

Home Phone # _____ Cell Phone# _____

E-Mail _____

Names of Parent or Guardian _____

Tennis Sessions
A B C

Speed & Agility

Fill in both sides of the registration form. The waiver of liability **MUST BE SIGNED** to have a valid registration.