



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPORTS CAMP

LIGONIER VALLEY YMCA

Daily Schedule

9:00-9:15am Check-In
9:15-9:45am Warm-Up and Stretch
9:45-10:15am Skills Session I
10:15-10:30am Break, Water, Restroom
10:30-11:15am Skills Session II/ Scrimmage
11:15-12:00pm Lunch
12:00-12:15pm Clean-Up
12:15-12:45pm Miscellaneous Game/ Activity
12:45-1:15pm Afternoon Skills Session
1:15-2:00pm Team Games/Scrimmages
2:00-2:10pm Break, Water, Change Locker Room
2:10-2:50pm Swimming (Pool)
2:50-3:00 Change Locker Room
3:00pm Break, Review, Announcements, Check-Out

Program Weeks

June 4-8	Basketball
June 11-15	Fun Camp
June 18-22	Baseball
June 25-29	Fun Camp or Gymnastics (separate)
July 2-6	All Sports (no camp July 4)
July 9-13	Flag Football
July 23-27	Soccer
July 30-Aug 3	Fun Camp
August 6-10	Volleyball
August 13-17	Fun Camp

Program Fees/Week

Camp: \$100 Member \$120 Non-Member
Before and After Care available through our
Child Development department (additional fee applies)
www.ligonierymca.org

Ligonier Valley YMCA

110 W. Church St. Ligonier, PA 15658
Jeremiah Wagner-Senior Program Director
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Mike Marinchak-Program Director
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See back page for calendar



Basketball June 4	Rules of Game, Dribbling, Passing, Shooting, Offensive/Defensive Drills, Running Plays, Skills sessions, Games/ Scrimmages
Flag Football July 9	Rules of Game, Kicking, Passing, Throwing, Pulling Flags, Offensive/Defensive Drills, Running Plays, Skills sessions, Games/ Scrimmages
Soccer July 23	Rules of Game, Kicking, Passing, Throw-ins, Corner Kicks, Goalie Drills, Offensive/Defensive Drills, Skills sessions, Games/ Scrimmages
Baseball June 18	Rules of Game, Base running, Throwing, Hitting, Positions, Offensive/ Defensive Drills, Skills Sessions, Games/ Scrimmages
Volleyball Aug 6	Rules of Game, Bumping, Setting, Spiking, Rotations/ Positioning, Skills Sessions, Games/ Scrimmages
All Sports July 2	Overview of Sports, different sport each day including Basketball, Flag Football, Soccer, Baseball, Volleyball. Skills Sessions, Games/ Scrimmages
Fun Camps June 11, June 25, July 30 and Aug 13	Non-traditional sports and activities. Examples include capture the flag, dodge ball, arts/crafts, and theme based activities (water sports day)
Gymnastics June 25	For beginner or intermediate levels, participants will work with basic tumbling and apparatus for skill progression, coordination, development, flexibility and safety.



