

## 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?

- ◆ 7:00 - 8:00 Drop Off
- ◆ 8:00 Health & Wellness
- ◆ 9:00 Learning Corner
- ◆ 12:00 Lunch
- ◆ 12:30 Activity Period: Recreation
- ◆ 2:00 Activity Period: Community
- ◆ 3:00 Activity Period: Reading/  
Education/Games
- ◆ 4:00 Kids Choice
- ◆ 5:00 Camper pickup

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

### Camp Weeks

- ◆ Week 1 June 3- June 7
- ◆ Week 2 June 10—June 14
- ◆ Week 3 June 17—21
- ◆ Week 4 June 24—28
- ◆ Week 5 July 1—5  
(Does not meet on July 4)
- ◆ Week 6 July 8—12
- ◆ Week 7 July 15—19
- ◆ Week 8 July 22—26
- ◆ Week 9 July 29—Aug 2
- ◆ Week 10 Aug 5—Aug 9
- ◆ Week 11 Aug 12 -Aug 16

### What do I need everyday for Y Summer Camp?

- ◆ Swimsuit
- ◆ Towel
- ◆ Sack Lunch (as needed)
- ◆ Closed-toed shoes
- ◆ Sunscreen (at least 30 spf)



### 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 \_\_\_\_\_



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Tennis Camp

## Speed & Agility



**SPORTS AND RECREATION**  
**2019 Tennis Camp / Speed & Agility**  
**MAQUOKETA AREA FAMILY YMCA**

## Tennis Camp

### Session A (19JUN)

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

Dates: June 3rd-7th  
Times: 9:00am - 10:30am  
Location: High School Tennis Courts  
Instructor: Carol Hammill

### Session B (19JUL)

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

Dates: July 15th-July 19th  
Times: 9:00am - 10:30am  
Location: High School Tennis Courts  
Instructor: 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 (19JUN)

- ◆ 3rd—8th Graders
- ◆ Ages 8-15
- ◆ Tuesdays & Thursdays
- ◆ June 11th—August 15th
- ◆ No classes on July 4th
- ◆ 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 2019  
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\_\_\_

Birthdate\_\_\_/\_\_\_/\_\_\_ Age\_\_\_

Grade completed\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_ Zip\_\_\_\_\_

Home Phone # \_\_\_\_\_

Cell Phone# \_\_\_\_\_

E-Mail \_\_\_\_\_

Names of Parent or Guardian \_\_\_\_\_

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

**Tennis Sessions  
A B**