

JUST KICKIN' IT

DUTCH SOCCER CAMP

KINDERGARTEN – GRADE 6

AUGUST 14 – 18

• K – 6th Grade: 5:00–7:00 PM



Cost: \$85/Player

Location: Old County Road Fields – Rockland

What to bring: Soccer ball, water bottle(s), healthy snacks, cleats or sneakers, shin guards, warm clothes for cold/rain and mouth guard (optional)

Dutch Soccer Academy believes in creating a fun and exciting soccer atmosphere for children to play and learn. We teach soccer by creating game situations and empowering our students to make good soccer decisions. DSA's curriculum incorporates the most current European player development techniques along with a rich history of proven training methods.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHERE ALL PLAYERS ARE MOST VALUABLE



SPORTS CAMPS 2017



Penobscot Bay YMCA - 236.3375
Rockland Harbor YMCA - 593.8500 • Rockland Community Center - 594.0321
www.penbayymca.org

FLEX YOUR SKILLS!

GYMNASTICS CAMP

Ages 5 and up

Time: 9:00 AM – 3:00 PM

Cost: \$200 Member | \$250 Participant

Location: Penobscot Bay YMCA

Register Today: Stop by the Y or call 236.3375

Please bring a lunch, snacks, bathing suit & towel

Join North Atlantic Gymnastics Academy and the Penobscot Bay YMCA for a week of gymnastics instruction, games, activities, crafts, swimming, and more! Campers will learn gymnastics skills and progressions in small groups based on experience, age, peers and gender. Participants will have the opportunity to learn all of the boys and girls equipment including the trampoline, foam pit, and Inflatable tumbling surfaces.

- **Week 1: June 26 – June 30**
- **Week 2: July 10 – 14**
- **Week 3: July 17 – July 21**
- **Week 4: July 24 – July 28**
- **Week 5: July 31 – August 4**
- **Week 6: August 7 – August 11**
- **Week 7: August 14 – August 18**



BUILDING CHARACTER

KARATE CAMP

Ages 6-16

July 10 – 14

Time: 9:00 AM – 3:00 PM

Cost: \$120 Member | \$135 Participant

Location: Penobscot Bay YMCA

Register Today: Stop by the Y or call 236.3375

Sensei Susan Michaud is a black belt instructor who has been leading classes at the Penobscot Bay YMCA and the Korean School of Karate for over 15 years. Our Karate Camp staff have been trained by Susan to provide a quality learning environment that keep students coming back year after year. Students will learn progressive skills, gain strength and self control through multiple karate techniques. Each day will be filled with a combination of structure and free play including daily time in our swimming pool.



SHOOTING FOR CONFIDENCE

MID-COAST GIRLS BASKETBALL CAMP

JULY 24-27

GIRLS ENTERING GRADES:

- **3RD- 5TH: 5:00-6:15 PM**
- **6TH-8TH: 6:30- 8:00 PM**

Cost: \$35/Player

Location: Rockland Community Center

Mid-Coast coaches are happy to announce their partnership, in order to raise the level of girls basketball! Varsity coaches along with their coaching staff, and players are excited to bring their coaching knowledge together to benefit the young ladies of the Mid-coast. Spend a few hours each evening learning new skills, refining old ones, playing games, and meeting new friends!

For more information or to register, please contact: Penobscot Bay YMCA at 236-3375



GET IN THE GAME

MID-COAST BASKETBALL CAMP

KINDERGARTEN - GRADE 8 (CO-ED)

JUNE 19 - 22

- **K-2nd (clinic w/ some scrimmaging) 5:00-6:00PM**
- **3rd-5th (clinic w/some scrimmaging) 6:00-7:00PM**
- **6th-8th (controlled scrimmaging w/ in game coaching) 7:00-8:00PM**

Cost: \$35/Player

Location: Rockland Community Center

The Rockland Community Center is happy to announce a collaboration Oceanside Boys Basketball Team. Coach Breen, his staff and players will introduce and develop the core fundamentals of the game of basketball.



BE GOAL ORIENTED!

TEEN BASKETBALL TRAINING CAMP

AUGUST 1 - 4

- **GRADES 4 - 8 (CO-ED): 3:00-6:00 PM**
- **GRADES 9 - 12 (CO-ED): 11:00 AM - 2:00 PM**

Cost: \$125/Player

Location: Rockland Community Center

Teen Basketball Training Camps will focus on creating lasting changes with your abilities and will build up a fundamental foundation with proper habits as well as positive thinking and confidence. No player leaves our camp with anything less of a change in mindset, and a change in abilities!



Teen Basketball Training

Train with a purpose.