

Add Some Excitement to your Summer!



YMCA Specialty Summer Camps

Get ready for Summer Fun at the Albany Area YMCA!

Hurry - register for YMCA specialty camps before spaces are filled.

Living Fit

June 13-17, 8 a.m. - 6 p.m.; Ages 7-14; YMCA Member \$125; Non-member \$150

Learn the components of a healthy lifestyle in a fun environment. Fun, physical activities, including movement games, games in the pool, dance, traditional backyard activities, and group exercise.

Camp KWD (for kids diagnosed with type 1 or 2 diabetes, pre-diabetes or metabolic syndrome)

June 20-24, 8 a.m. - 6 p.m.; Ages 7-14; YMCA Member \$79; Non-member \$89

Held in partnership with Phoebe Diabetes Care Center. Activities include swimming, sports, yoga, arts & crafts, food preparation, field day. Fun and educational presentations on healthy snacks, tasting new foods, portion control, and new technology. Phoebe dietitians will be on hand, and Phoebe nurses will monitor blood glucose before and after various activities.

British Soccer Camps

The #1 soccer camp in the country, British Soccer Camp is a unique program focused on helping each camper develop as a player, and providing each camper with a memorable and positive experience. Register online at www.challengersports.com.

British Soccer Camp in Lee County

June 20-24, Ages 4-14

Mini Soccer (ages 4-5), 9 - 10:30 a.m., Fee: \$94

Ages 6-14 (morning), 9 a.m. - 12 p.m., Fee: \$128

Ages 6-14 (evening), 5:30 - 8:30 p.m., Fee: \$128

British Soccer Camp at the Sports Park

July 18-22, Ages 4-18

Mini Soccer (ages 4-5), 9 - 10:30 a.m., Fee: \$94

Half-Day Ages 6-14, (morning) 9 a.m. - 12 p.m., Fee: \$128

Half Day Ages 6-14, (evening) 5:30 - 8:30 p.m., Fee: \$128

Full Day Ages 10-18, 9 a.m. - 5 p.m., Fee: \$215

Growing Girls

June 27-July 1, 8 a.m. - 6 p.m.; Ages 7-17; YMCA Member \$125; Non-member \$150.

Campers will learn how to express themselves in a positive light, take care of their bodies, and dress for success. The camp will include dancing and a fashion show.

Film Making Boot Camp

July 11-15, 8 a.m. - 6 p.m.; Ages 11-17; YMCA Member \$125; Non-member \$150

Learn everything you need to make your own short film in just one week during the Moviemaking Bootcamp. You'll get to write, shoot, edit and premiere your own movie and then have it online for the world to see.

Strong Kidz

July 18-22, 8 a.m. - 6 p.m.; Ages 7-14; YMCA Member \$125; Non-member \$150

Learn the basics of tennis, basketball, volleyball, racquetball and swimming. Understand the importance of teamwork for success. Experience sports-specific conditioning with a trainer certified in CrossFit.

SuperKidz Triathlon Camp

July 18-22, YMCA Sports Park, 9 - 11:30 a.m. Ages 5-17; YMCA Member \$60; Non-member \$90

Train for the youth triathlon, scheduled for Saturday, July 23. Camp fee includes entry into event. An experienced triathlon competitor will coach campers on running, biking and swimming, stressing safety in all activities.

Register for all camps at:

- YMCA Central Facility, 1701 Gillionville Road, Albany
- Lee Branch, 316 Robert B. Lee Drive, Leesburg

Call 436-0531 for
more information.

