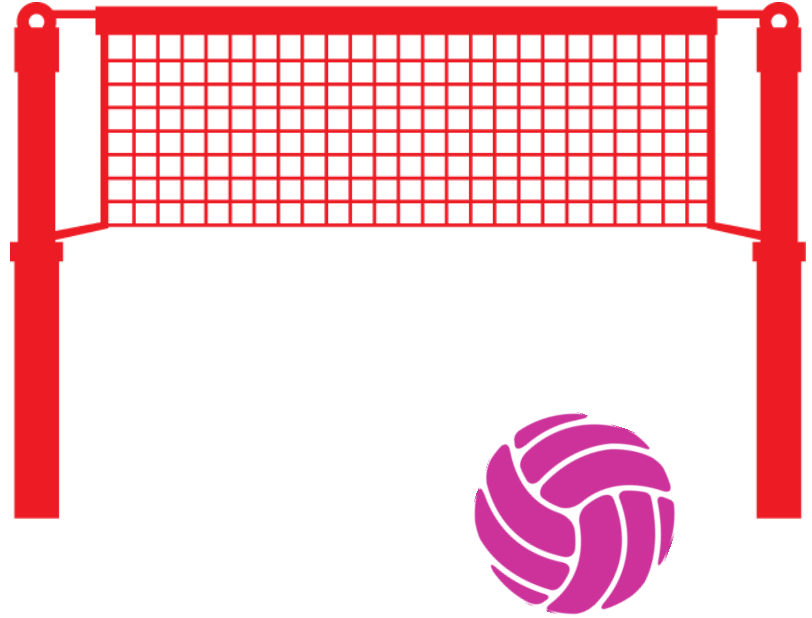




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET IN THE GAME

Volleyball Training Camp YMCA OF MIDDLETOWN



Bring snacks & water.

BASIC SKILLS TRAINING

\$150

Ages 9-12
July 10-July 13
9:00am-12:00pm

A four day volleyball training camp for boys and girls, ages 9-12, designed for those who want to improve their knowledge of or learn the game of volleyball.

Learn and/or improve:

- Basic skills for passing, serving, hitting and setting
- Rotations
- Defensive positions

INTENSE VOLLEYBALL TRAINING CAMP

\$250

Ages 13-18
July 17-July 20
9:00am-3:00pm

A four day intense training camp for boys and girls, ages 13-18, designed for those who have previous experience in organized volleyball.

Goals:

- Intense conditioning & core strength
- Master skills of passing, settling, hitting and serving
- Master rotations & defensive positions



Bring lunch, snacks & water.

First Session	Lunch	Second Session
9:00am - 11:00am	11:00am - 12:00pm	12:00pm - 3:00pm

YMCA OF MIDDLETOWN
81 Highland Avenue, Middletown NY 10940
(P) 845 344 9622 (W) www.middletownymca.org

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