ONE TEAM. ONE GOAL.

Summer Sports Camps
Alex W. Spears III Family YMCA

YMCA Sports Philosophy: Participants have FUN in a safe learning environment. The YMCA believes in the God-given potential of every child; encourages teamwork and a sense of belonging.

Sports Camp Information:

- **Baseball Camp**: Ages 5-12, June 15-19
  Learn the fundamentals of baseball including proper throwing and catching, fielding and hitting drills everyday.
  Location: Baseball fields at the Spears YMCA

- **Basketball Camp**: Ages 5-12, June 22-26, July 13-17
  Learn the fundamentals of basketball including dribbling, passing, shooting and defense.
  Location: Gater Gym at the Spears YMCA

- **Lacrosse Camp**: Ages 5-12, August 3-7
  Learn the fundamentals of lacrosse including shooting, receiving the ball, defense, teamwork and passing.
  Location: Athletic fields at the Spears YMCA

- **Soccer Camp**: Ages 5-12, July 13-17, July 27-31
  Emphasis on the fundamentals of soccer including passing, defense, shooting and footwork.
  Location: Soccer fields at the Spears YMCA

- **Volleyball Camp**: 4th-5th Grade: June 15-19, July 20-24
  **Volleyball Camp**: 6th-8th Grade: June 29-July 3, August 3-7
  Learn the fundamentals of volleyball including passing, serving, footwork, net-work and proper techniques.
  Location: Gater Gym at the Spears YMCA

- **Flag Football Camp**: Ages 5-12, July 20-24
  Emphasis on the fundamentals of football.
  Location: Sports fields at the Spears YMCA

Camps will run Monday through Friday from 9:00AM to 12:00pm

Registration Fees: $100 YMCA Members or $135 Potential Members

Contact Antoine Hawkins, Spears Sports Director, at 336.387.9625 or Antoine.Hawkins@ymcagreensboro.org for more information

The mission of the YMCA of Greensboro is to put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.