

SPRING BREAK CO-ED BASKETBALL CAMPS

3 ON 3 CAMP

April 2-5 (Ages 9-13)

1:00 - 4:00 pm

\$50M/\$100NM includes t-shirt

Each day the camp will start with skill development activities to improve each participants overall game. Modified games, activities, competitions and 3 on 3 games will be played daily.

LITTLE STARS SPRING CAMP

April 2-5 (Ages 5-10)

9:00 - Noon

\$50M/\$75NM includes t-shirt

4 action packed days of basketball over spring break! Our experienced staff will teach the skills, game play and attitude necessary for them to improve as basketball players. Individual skill work, competitions and game play!

SUMMER CO-ED SPORTS CAMPS

STEP UP YOUR GAME

June 25-29 (Ages 10-14)

9:00 am - 3:30 pm

\$100M/\$150NM includes t-shirt & ball

This basketball camp will give attention to individual skill improvement, as well as team based activity. There will also be daily contests and competitions. Participants will need to bring their own lunch and will be offered daily swim in our pool.

BACK TO BASICS COMPETITIVE SWIM CAMP

August 13-17 (Ages 8-15)

9:00 am - 3:30 pm

\$125M/\$175NM

Join USA certified swim coach Jamie Burns in this camp built around 4 principles: swimming efficiently, training effectively, working as a team and having fun. The cornerstone of this camp is a dedication to helping campers improve each of the 4 strokes for technique and race strategy. There will be exercises and drills inside and outside of the pool. Each camper must bring lunch, sneakers, water, bottle, bathing suit and towel.

NOTHING BUT NET SHOOTING

August 13-17 (Ages 11-15)

1:00 - 4:00 pm

\$50M/\$100NM includes t-shirt

In an action packed afternoon of basketball, our coaches will take the group through different aspects of scoring throughout the week. Each day we will incorporate those skills into games and competitions.

INTRO TO SYNCHRONIZED SWIM CAMP

August 20-24 (Ages 6-12)

9:00 am - 3:30 pm

\$125M/\$175NM

Swimmers will be taught basic moves in the water, as well as exercises on land to help improve strength, flexibility and stamina. Swimmers should be comfortable swimming a full length in the pool, as well as fully submerging themselves in the water. Instructor Emily Pullis is a nationally ranked synchronized swimmer and coach for the BGC Gaulatas. Campers need to bring suit, towel, sneakers, and bagged lunch each day.

LITTLE STARS BASKETBALL

August 13-17 (Ages 5-10)

9:00 am - Noon

\$50M/\$100NM includes t-shirt

This camp teaches players the skills and attitude necessary to be successful in the game of basketball. Our drills and exercises will guide young children in developing motor skills and coordination. includes many skill building activities, competitions and games!

NBA WEEK

August 20-24 (Ages 11-14)

9:00 am - 3:30 pm

\$100M/\$150NM includes t-shirt & ball

A week long tournament filled with games and activities! Players will be put into their teams on the first day. Along with the tournament, there will be activities based on skill improvement. Participants will need to bring their own lunch, and will be offered daily swim in our pool.

For more information about sports camps contact
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