

# BEST SUMMER EVER™



Programs offered by the Walnut Creek and Waukee YMCAs for children ages 6–12. Registration for Sports Clinics is via phone, online at [www.dymca.org](http://www.dymca.org), or in person at any YMCA of Greater Des Moines Welcome Center.

**ALL SPORTS Walnut Creek-June 4–8; Waukee-June 25–29**

Keep your kids active with this clinic. Each day we will play different sports, including but not limited to dodgeball, kickball, whiffle ball, basketball, soccer and football.

**BASKETBALL Walnut Creek-June 18–22; Waukee-July 9–13**

Our basketball clinic emphasize basic to advanced skills instruction and practice in the areas of shooting, dribbling, passing, rebounding and defense. Campers will learn the rules of basketball as well as team concepts and sportsmanship. Ideal for any youth basketball player looking to improve their basketball skills, or a player who wants to learn the fundamentals of basketball.

**DODGEBALL Walnut Creek-June 11–15; Waukee-Aug. 6–10**

What kid doesn't like to play the game of dodgeball? We will be playing several variations of dodgeball with the use of rhino skin balls. These balls are designed to be safe for kids of all ages. Ready, set, Dodgeball!

**FLAG FOOTBALL Walnut Creek-July 16–20; Waukee-July 23–27**

This is a noncontact clinic for all participants. Campers will work on route running, passing as well as offense and defense. This clinic is ideal for any youth flag football player looking to improve their football skills, or a player who wants to learn the fundamentals.

**GIRLS ON THE RUN Walnut Creek-July 30–August 3**

Camp GOTR combines the best of Girls on the Run with all the fun of camp! During this week-long session, 3rd–5th grade girls will build friendships in a fun and inclusive setting that includes interactive games, being physically active, and expressing creativity through art & crafts and storytelling. Led by caring and qualified

Girls on the Run coaches, Camp GOTR provides a one-of-a-kind opportunity for girls to develop self-confidence, learn life skills they can use now and as they grow, and have fun with friends.

**GOLF Walnut Creek-July 9–13**

This camp will utilize the First Tee DRIVE program and is designed for kids of all abilities to come and learn the game of golf. We will cover rules and etiquette of the game and also work on the golf swing and putting.

**SOCCER Walnut Creek-June 25–29; Waukee-June 11–15**

This clinic is open to all ability levels and will help take your game to the next level. We will do drills and mini games as well as full scrimmages. Have your soccer cleats ready for this exciting clinic!

**TRACK & FIELD Walnut Creek-July 30–August 3**

This clinic will focus on different track & field events. We will do sprints, relay races, hurdles and throwing events. A fantastic way for kids to stay or become more active! What a great way to end the summer.

**WACKY SPORTS Walnut Creek-July 23–27**

This clinic will focus on nontraditional sports and other activities. Games will include capture the flag, Bocce Ball, Dodgeball, and others! Campers will learn to have fun playing these games!

**Hours**

Walnut Creek – 9 a.m.–Noon; Waukee – 1–4 p.m.

**Cost**

\$70/week for Y members; \$110/week for non-members