

ELLINGTON PARKS AND REC. DEPT.



YOUTH SPORTS SKILL-BASED PROGRAMS

Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.

SUMMER 2018

(course)	(dates)	(days)	(time)	(ages/grades)	(fee)	(location)
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VOLLEYBALL CAMP

SSA99924	6/25 - 6/29	M-F	9:00 a.m. - 1:00 p.m.	grades: 2-5	\$129	Ellington Middle School
SSA99925	6/25 - 6/29	M-F	9:00 a.m. - 1:00 p.m.	grades: 6-9	\$129	Ellington Middle School

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting and serving. This program is designed for the beginning and intermediate player. Our staff will assist boys and girls in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player.

MULTI-SPORT CAMP (SOCCER, BASEBALL, BASKETBALL & FLAG FOOTBALL)

SSA99923	7/16 - 7/20	M-F	8:30 a.m. - 2:30 p.m.	ages: 7-10	\$145	Ellington Middle School
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Our multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline.

MINI-HAWK® CAMP (SOCCER, BASEBALL & BASKETBALL)

SSA99922	7/16 - 7/20	M-F	9:00 a.m. - 12:00 p.m.	ages: 4-7	\$125	Ellington Middle School
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This multi-sport program gives children a positive first step into athletics. The essentials of each sport are taught in a safe, structured environment with lots of encouragement and a focus on fun. All games and activities are designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace.

TINY-HAWK® CAMP (SOCCER & BASKETBALL)

SSA99921	7/16 - 7/20	M-F	12:15 p.m. - 1:00 p.m.	ages: 3-4	\$79	Ellington Middle School
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The essentials of soccer and basketball are introduced in a fun and safe environment with lots of encouragement. Children will learn balance, body movement, hand/eye coordination, and skill development through a series of sport-specific games tailored to their attention spans.

TRACK AND FIELD CAMP

SSA103384	8/06 - 8/10	M-F	9:00 a.m. - 12:00 p.m.	ages: 7-12	\$125	Ellington High School
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Skyhawks track and field combines technical development, fundamental techniques and safety with a major focus on fun! Using special equipment, boys and girls learn the fundamentals of body positioning, stride, proper stretching and cool-down techniques.

This was my 6-yr. old's second year in Skyhawks and she LOVES it!!! She can't wait to go each morning and she comes home happy!! The counselors remembered her from last year which made her feel super special. They give the kids just enough activity and make them feel included from the start. Great camp!! – Amy S, Niantic CT



**SPACE IS LIMITED!
REGISTER TODAY»»**

ONLINE: <http://activenet.active.com/ellingtonrec/> or www.skyhawks.com
IN-PERSON: Ellington Parks and Rec. Dept, 31 Arbor Way