

MOUNT VERNON PARKS AND RECREATION



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 2021

(course) (dates) (days) (time) (ages) (fee) (location)

SOCCER CAMP

Your young athlete will gain the technical skills and sport knowledge required for their next step into soccer. Areas of focus are dribbling, passing, shooting and ball control. By the end of the program, your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their soccer skills.

SSA129130	6/28 - 7/02	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$149	Bakerview Park
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TENNIS CAMP

Whether your child is a beginning or intermediate player, this program will improve their game and help them get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players.

SSA129131	7/06 - 7/09	T,W,Th,F	9:00 a.m. - 12:00 p.m.	6-12	\$99	Hillcrest Park
SSA129135	8/02 - 8/06	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$119	Hillcrest Park
SSA129140	8/23 - 8/27	M-F	9:00 a.m. - 12:00 p.m.	6-12	\$119	Hillcrest Park

VOLLEYBALL CAMP

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This program is designed for the beginning to intermediate player.

SSA129132	7/12 - 7/16	M-F	9:00 a.m. - 12:00 p.m.	7-12	\$119	Bakerview Park
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BEGINNING GOLF CAMP

Participants will learn the fundamentals of swinging, putting, body positioning, etiquette and keeping score. The program is specifically designed for the entry-level player, simplifying instruction so that young players can make an easy and effective transition onto the golf course. All equipment provided.

SSA129133	7/19 - 7/23	M-F	9:00 a.m. - 12:00 p.m.	5-9	\$119	Hillcrest Park
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BASEBALL CAMP

Learn the fundamentals of fielding, catching, throwing, hitting and base running -all in a fun, positive environment. Specifically designed for beginning and intermediate players, this program teaches athletes new baseball skills along with vital life lessons such as respect, teamwork and responsibility.

SSA129134	7/26 - 7/30	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$149	Bakerview Park
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**SPACE IS LIMITED!
REGISTER TODAY >>**

Online:
skyhawks.com

Phone:
800.804.3509

(course) (dates) (days) (time) (ages) (fee) (location)

MULTI-SPORT TOTS CAMP

Introduce your little superstar to sports in our most popular program! This Baseball, Basketball & Soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development. Parent participation required for ages 2-3.5 years.

ROOKIES

SSA129141	7/06 - 8/10	Tues	4:00 p.m. - 4:40 p.m.	2-3	\$72	Hillcrest Park
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ALL-STARS

SSA129142	7/06 - 8/10	Tues	4:50 p.m. - 5:30 p.m.	3-4	\$72	Hillcrest Park
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LEGENDS

SSA129143	7/06 - 8/10	Tues	5:40 p.m. - 6:20 p.m.	4-5	\$72	Hillcrest Park
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BASKETBALL CAMP

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progression curriculum, we focus on the whole player -teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

SSA129136	8/09 - 8/13	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$149	Hillcrest Park
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MINI-HAWK CAMP (BASEBALL, FLAG FOOTBALL & SOCCER)

This multi-sport program was developed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun. Through exciting games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

SSA129137	8/16 - 8/20	M-F	9:00 a.m. - 12:00 p.m.	4-7	\$119	Hillcrest Park
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MULTI-SPORT CAMP (BASEBALL, FLAG FOOTBALL & SOCCER)

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.

SSA122379	8/16 - 8/20	M-F	9:00 a.m. - 3:00 p.m.	6-12	\$149	Hillcrest Park
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CHEERLEADING CAMP

Skyhawks Cheerleading teaches young athletes the essential skills to lead crowds and support the home team! Each cheerleader learns proper hand & body movements and jumping techniques. The week concludes with a choreographed performance.

SSA122381	8/16 - 8/20	M-F	1:00 p.m. - 4:00 p.m.	5-10	\$119	Hillcrest Park
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