

SPORT CAMPS/PROGRAMS

GIRLS LACROSSE CAMP Grades 3-8

M 8/6 - Th 8/9 (4 days - rain date Fr 8/10) from 9a to 1p

Location: Mondauk Common

Be a part of the "Fastest Game on Two Feet!" We will teach beginners and help improve experienced players' skills in drills and game-like situations.

T-SHIRT INCLUDED

\$80R/\$96NR

GIRLS VOLLEYBALL CAMP Grades 5-9

M 6/18 - F 6/22 (5 days) from 9a to noon

Location: UDHS Main Gym

We will cover basic technical work to build the foundation of your game, exercise to get strength and endurance and play small-group games and tons of live matches in a competitive setting. The camp will focus on building team chemistry, individual development through individual feedback and expanding your knowledge of the game.

T-SHIRT INCLUDED

\$85R/\$102NR

ADVANCED SKILLS TRAINING

VOLLEYBALL CAMP Grades 8-11

M 7/9 - Th 7/12 (4 days) from 5:30p to 8:30p

Location: UDHS Main Gym

Geared for high schoolers and specifically designed to get players ready for preseason and tryouts in their upcoming seasons. It will focus on technical skills, game systems, as well as development aspects of the game.

T-SHIRT INCLUDED

\$85R/\$102NR

OUTDOOR BASKETBALL Grades 5-8

M 7/16 - Th 7/19 (4 days - rain date Fr 7/20) from 9a to 12p

Location: Mondauk Common

The goal of this camp is to help you become a complete player. You will be shown drills to establish skills no matter your level of play.

T-SHIRT INCLUDED

\$70R/\$84NR

Looking for a fun afternoon camp?

UDP&R is now offering an afternoon option for KidZone Camps (completed grades K-5).

For just \$60R/\$70NR (until 3pm) or \$110R/\$125NR (until 5:30pm) per week, your child (ren) can attend KidZone after their sport/specialty camp is over.

Prices above increase on Friday, May 25.

For details & registration, please visit www.upperdublinrec.net or call UDP&R at 215-643-1600 x3443.



801 Loch Alsh Ave. Fort Washington, PA 19034

www.upperdublinrec.net - 215-643-1600 x3443



Janice Smith, Joanne McBrien & Alexis Limberakis

Customer Service Representatives

Linda Brink, *Administrative Assistant*

Erin Woodruff, *Recreation Coordinator*

Tammy Echevarria, *Recreation Superintendent*

Derek Dureka, *Director of Parks & Recreation*

ATTENTION

Camp dates, times and program descriptions are subject to change. Updated brochures will be available for pick-up outside the UDP&R office and online at www.upperdublinrec.net. Additionally, camp/program updates are available by signing up for UDP&R e-News and following us on our Social Media pages. More information is available about each program by reading the



*"Community Parks & Recreation
for a Lifetime"*

2018 SUMMER

SPORT CAMP INFO

Basketball, LAX, Baseball & more!

Registration begins M 2/26 at 9a online at www.upperdublinrec.net or at the UDP&R office



The grades listed correspond with the grade completed in the school year '17-'18

www.upperdublinrec.net
(215) 643 - 1600 x3443

Updated 2/13/2018

SPORT CAMPS/PROGRAMS

CARDINALS BASKETBALL Grades 4-8

M 6/25 - F 6/29 (5 days) from 9a to 2p

M 7/23 - F 7/27 (5 days) from 9a to 2p

Location: UDHS Main Gym

The goal of these camps is to make you a complete player. Learn drills to establish fundamental skills, stressing offensive moves and defensive positioning.

T-SHIRT INCLUDED

\$105R/\$126NR

GIRLS BASKETBALL Grades 4-8

M 7/16 - F 7/20 (5 days) from 9a to 12p

Location: UDHS Main Gym

Improve all aspects of your game with the help of the UDHS staff and players. Individual and team skills will be worked on through a combination of drills and competitive games.

T-SHIRT INCLUDED

\$96R/\$115NR

MVP MINORS BASKETBALL Grades K-3

M 6/18 - Th 6/21 (4 days) from 9a to 11a

M 6/25 - Th 6/28 (4 days) from 9a to 11a

Location: SRMS Main Gym

You will learn all facets of the game including offense, defense, shooting, ball handling and passing. Fun, educational and developmental drills will be taught. This camp is open to all levels of players, so come learn something new or practice what you know.

T-SHIRT INCLUDED

\$68R/\$82NR

TOTAL PLAY MULTI SPORT Grades K-6

M 7/30 - F 8/3 (5 days) - half & full day options

Location: Maple Glen Elementary

Learn more than 15 sports! All activities will take place in an atmosphere which promotes good sportsmanship teamwork and fun.

9a to 12:30p: \$169R/\$203NR; 9a to 4p: \$199R/\$239NR

DANCE CAMP Grades 4-7

M 7/16 - F 7/20 (5 days) from 9a to 11a

Location: Institute of Dance Artistry

Journey into dance with this fun, energetic, inspiring camp. Dancers will participate in jazz, hip-hop and theater dance classes at Institute of Dance Artistry. Through dance, campers will learn flexibility, strength, posture, poise, musicality, artistry and self-confidence.

\$120R/\$144NR

SPORT CAMPS/PROGRAMS

CHEERLEADING CAMP Grades K-8

M 7/9 - Th 7/12 (4 days) from 6:30p to 8p

Location: UDHS Aux Gym

Bring it on! Participants will learn or improve cheerleading basics such as cheers, motions, chants, jumps, dances and simple stunts.

T-SHIRT INCLUDED

\$50R/\$60NR



TRIATHLON CAMP Ages 6-15

M 7/9 - F 7/13 (5 days) from 9a to noon

Location: UDHS

Coached by USA Triathlon Certified Coaches, campers are lead through a structured Triathlon Adventure learning new skills and having lots of fun! Learn the fundamentals of swimming, biking and running, bike safety & maintenance, transition practice and brick workouts, muscular training & specific skills-based workouts based on age & ability, body fueling and healthy living, good sportsmanship, USA Triathlon Youth Rules and lots of games too!

T-SHIRT INCLUDED

\$225R/\$230NR

SPORT CAMPS/PROGRAMS

TRACK & FIELD CAMP Grades K-6

M 7/30 - Th 8/2 (4 days, rain date F 8/3) from 9a to noon

Location: UDHS Track

Learn and compete in a variety of Track and Field skills and related activities, including proper running form, sprints, long distance runs, hurdles, relay races, long jump, shot put, disc throws and much more! Participants will learn the fundamentals of the game through game play, practice and track and field competitions.

\$114R/\$136NR

TENNIS CAMP Grades 5-9

M 7/2 - Th 7/5 (3 days - no We 7/4) from 9a to 12p

M 7/9 - Th 7/12 (4 days) from 9a to 12p

M 7/16 - Th 7/19 (4 days) from 9a to 12p

Location: UDHS Courts

You will learn or improve your knowledge of the tennis serve, volley, game strategy and rules of etiquette. Friday rain dates each week.

T-SHIRT INCLUDED

\$96R/\$115NR (3 days) & \$132R/\$158NR (4 days)

TAE KWON DO CAMP Grades K-5

M 6/18 - F 6/22 (5 days) - half & full day options

M 7/16 - F 7/20 (5 days) - half & full day options

M 8/13 - F 8/17 (5 days) - half & full day options

Location: Competitive Edge Martial Arts

Beyond just kicks and punches, students will learn self esteem and a "Yes, I can!" attitude. The camp focuses on character development, physical conditioning, achievement and important life skills such as dealing with bullying and stranger awareness.

9a to noon: \$87R/\$104NR; 9a to 3:30p: \$155R/\$186NR



KING BASEBALL CAMP Ages 8-12 years

M 6/18 - F 6/22 (5 days) from 9a to 1p

M 6/25 - F 6/29 (5 days) from 9a to 1p

Location: Loch Alsh Fields

Learn basic fielding, bunting, batting, base running, stealing and strategy.

T-SHIRT INCLUDED

\$120R/\$144NR