

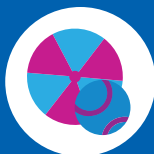


# Your Guide to: Camp Hickory Y World of Sports Camp Academy Sports Camps

**BEST  
SUMMER  
EVER™**



**Hanover Area YMCA**





# WELCOME TO THE BEST SUMMER EVER!

Hello Campers & Families!

Summer is just around the corner and we are excited at the Hanover Area YMCA to redefine your kids' Summer of 2018. We have a lot planned, such as new activities, adventures, and memories. Our staff will teach the campers new skills and facilitate learning in a safe and fun environment.

## This Summer, Kids Choose!

We're pushing limits and they're gaining new experiences like never before. We will focus on building character and self-esteem in each camper. This will be done by making new friends and developing new skills. Campers will be able to choose daily between sports, arts & crafts, science, swimming, outdoors and more. Campers will also embark on interactive field trips and experiences to keep them excited and motivated throughout the summer.

## Remind App for Parents/ Hanover Area YMCA App

We've set up a Remind app to allow us to quickly communicate to you as needed for information, updates, and emergencies. Simply download the Remind app through the app store and text @hanoverymc to 81010. We will also utilize the Hanover YMCA App to push notifications out as well. You can also download in your App store. Please ensure your push notifications are on to receive messages.

If you need anything or have any questions please don't hesitate to contact us using the directory below. Let the summer of fun and memories begin!

- Jamie Noel, Camp Hickory Director

### Camp Hickory

Jamie Noel/ Ext: 239  
Youth Development Director  
jnoel@hanoverymca.org

### Y World of Sports/Academy Sports Camps

Sports Department  
717-632-8211/ Ext: 406  
sports@hanoverymca.org

### Camp Hickory Site Cell Phone Numbers

North 717-476-3123  
Littlestown 717-476-3132  
South 717-476-3130

## What's Inside...

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# IMPORTANT CAMP HICKORY PAYMENT INFORMATION

Camp Hickory Registration Opens Monday, April 2 for all campers.  
Camp Hickory Regular Hours: 9:00 AM to 3:30 PM daily  
Extended Camp Hickory Hours: 6:15 AM to 6:00 PM daily

<u>Camp Type</u>	<u>YM Rate</u>	<u>NM Rate</u>
Camp Hickory Full Time (4-5 Days)	\$125/week	\$150/week
Part Time (1-3 Days/ Week)	\$80/week	\$110/week
Extended Care*	\$28/week	\$28/week

\*Campers can be dropped off as early as 6:15 AM and picked-up by 6:00 PM. (See page 4 for camp hours and details)

All registrations must be completed by close of business the Friday before the upcoming week. A \$25 late fee will be assessed after Friday at 9:30 PM. Prior balance must be paid in full to register for the next week. (Extended care is not discounted).

## Sibling Discount for YMCA Members

We offer a 15% sibling discount on program fees for the 2nd child and a 20% sibling discount for the 3rd child. Discounts cannot be combined with any other discounts including scholarships/ coupons, and apply only when registering two or more children in the same camp. The greatest discount applies to the least expensive program. For more details, please refer to [hanoverymca.org](http://hanoverymca.org). Monthly term memberships are available. For more information and rates, please stop by the Customer Service Desk at any branch. (Not valid on Y World of Sports)

## Refunds & Credits Information

A full program credit or refund will be issued to ps follows: 100% - 24 hours (business day) prior to the start of the camp and 75% within the first day of camp. Credits/refunds will not be issued for days missed. Credits may be used for any YMCA program. Refund/credit requests must be received in writing as indicated above. Requests received after the above date will not be honored.

## Financial Assistance

No youth will be turned away from any program due to inability to pay. Simply complete a Financial Assistance form and return to the Front Desk by May 1. This assistance is made possible by generous support of the YMCA Annual Kids Come First Campaign and United Way of York County.

Monthly term memberships are available. For more information and rates, please stop by the Front Desk.

## Hanover YMCA Locations

North Hanover YMCA  
500 George Street, Hanover

Littlestown YMCA  
75 Keystone Street, Littlestown

South Hanover YMCA  
650 Fairview Dr., Hanover

# CAMP HICKORY REGISTRATION AND SESSION INFORMATION

All registrations must be completed by close of business, the Friday before the upcoming week. A \$25 late fee will be assessed after 9:30 PM. Prior balance must be paid in full to register for the next week.

## How to Register

- > Register online specifying your campers week, age group, and home location. (Home locations as follows: North, Littlestown, South)
- > Online at [hanoverymca.org/camps](http://hanoverymca.org/camps)
- > By phone at 717-632-8211
- > At any Hanover Area YMCA location (cash, check, Visa, MasterCard, Discover)



## Summer Camp Schedule (Ages 4-16)

Session	Camp Date	Registration Deadline- Close of Business
Week 1	June 4-8	June 1
Week 2	June 11-15	June 8
Week 3	June 18-22	June 15
Week 4	June 25-29	June 22
Week 5	July 2-6	June 29 (No Camp Wed., July 4)
Week 6	July 9-13	July 6
Week 7	July 16-20	July 13
Week 8	July 23-27	July 20
Week 9	July 30-August 3	July 27
Week 10	August 6-10	August 3
Week 11	August 13-17	August 10

## Regular (non extended care) Drop Off and Pick Up Details

Regular camp drop off between 9:00 AM-9:30 AM

Regular camp pick up between 3:00 PM-3:30 PM

North Hanover: Pavilions behind the Y by the Pickle Ball Courts

Littlestown: Main Pavilion (with connected bathrooms)

South Hanover: Gymnasium

Note: If campers are not dropped off at their home location by 9:30 AM, parents must drop the camper off at the location where their activities are for that day.

## Extended Care Drop Off and Pick Up Details

North/South starts June 4/Littlestown starts June 11

Regular camp drop off between 6:15 AM-8:45 AM

Regular camp pick up between 3:30 PM-6:00 PM

North Hanover: Ages 4-6 Arts and Humanities Room/ Ages 7+ Gymnasium

Littlestown: Gymnasium

South Hanover: Gymnasium

Note: Breakfast and snack are not provided at extended care, however campers are encouraged to bring their own.

# IMPORTANT CAMP HICKORY INFORMATION

## Authorized Pick-Up

All adults authorized to pick up a camper, must be listed on the Emergency Contact (EC) form and must show proper photo I.D. Any additions to the EC form must be done by the parent/guardian and also show proper photo I.D. Campers 11 years or older may sign themselves out with a parental permission slip. Littlestown location MAY NOT leave the Littlestown YMCA location. Campers who sign themselves out and misbehave will have parents called and will need to be picked up immediately.

## Late Pick Up

Campers not enrolled in extended camp care must be picked up by 3:30 PM. All Campers not picked-up by 3:45 PM will be taken to Extended Care. Parents will be charged for extended camp care at the published rate. A late pick up fee of \$1 for each minute will be assessed for all pick ups later than 6:00 PM.



## Our Counselors

- > Have PA State Police, Child Abuse, and FBI Fingerprint certifications
- > Attend required trainings and obtain CPR/AED & First-Aid certifications, Child Abuse Prevention & Mandated Reporting, obtain training in leading activities, guiding behavior, aquatic safety, canoeing and kayaking, and archery instruction
- > Follow a strict 12:1 child to Counselor ratio

## Positive Guidance

Counselors follow the core YMCA Character Development Values of Honesty, Caring, Respect, Responsibility & Faith. On occasion, campers may need to be corrected for inappropriate behavior. Parents will be notified of inappropriate behavior by the Counselor, Coach and/or Director. Behavior Tracking forms will be given to the parent/guardian for review and signature and the child must be picked immediately. Our goal is to provide a safe, enjoyable summer.

## Weather

All summer camps will occur regardless of weather conditions. In the event of inclement weather, camps will be

moved inside and the drop off and pick up locations will move to our gymnasium, in all locations. Parents will be notified via the Remind app, but can also check our main social channels for immediate updates, as well as on the main hanoverymca.org page.

## Transportation

Please contact the Camp Director at the main number: 632-8211 if your child, who is enrolled in extended care, will not be riding the bus that day.

## Swim Testing

All participants will be tested to determine their swimming ability prior to free swim. This testing includes



# CAMP HICKORY INFORMATION CONT.

swimming the length of the pool and treading water for 60 seconds in the deep end. Participants who fail this test will be required to swim in the shallow end while wearing a life vest.

## Medications

The YMCA practices a NO MEDICATION POLICY. We will not use or dispense any type of medication, including aspirin, calamine lotion, prescription medication, etc. Therefore, campers on medication must apply or take it themselves. Counselors may supervise or remind campers with written permission from the parent/guardian. Parents of campers with requiring the use of epi-pens, inhalers etc. must notify the Camp Director of action plans.

## PACKING 101

- Pack a lunch with a drink. We suggest using a cooler with an ice pack. Please, do not send items that needs to be heated, as we do not have access to a microwave during camp.
- Water bottle or container to refill-water is provided throughout the day.
- Swimsuit and towel.
- Wear sunscreen and re-apply it regularly.
- Bug spray is highly suggested.
- Mark all belongings with your Camper's name.
- Pack a set of extra clothes – camp is an outside activity, we want you to be prepared!
- Although sandals are cute, we don't permit them. Wear sneakers, it's camp, we'll run around a lot!
- Please leave electronics, cell phones, toys, games, magazines, etc. at home. They are not permitted.

## LEGEND

### A.C.E Abbreviations

At the beginning of camp, your camper will be assigned a group based on his/her age.

A >	<u>A</u> vengers	Ages 4-5
C >	<u>C</u> hallengers	Ages 6-8
E >	<u>E</u> vaders	Ages 9-11
Teens		Ages 12-16

### Location Abbreviations and Color Key

N >	North
L >	Littlestown
S >	South



**SAMPLE  
DAY FOR  
YOUR  
CAMPER**



## CHALLENGERS, EVADERS, AND TEENS

	North	South	Littlestown	Field Trip
9:00-9:30 AM	Camp Opening	Camp Opening	Camp Opening	Camp Opening
9:30-10:00 AM	Bus to North	Bus to South	Bus to Littlestown	Bus to North/ Littlestown
10:00-11:30 AM	Activity Time/ Kayak	Activity Time/	Activity Time/	Adventure Day
11:30- 12:30 PM	Lunch	Lunch	Lunch	Lunch
12:30-1:00 PM	Free Play	Free Play	Free Play	Free Play
1:00-2:30 PM	Swim/ Gymnastics	Teen Room/ Gym	Swim/Park	Adventure Day
2:30-3:00 PM	Drop off at home location	Drop off at home location	Drop off at home location	Drop off at home location
3:00-3:30 PM	Camp Closing	Camp Closing	Camp Closing	Camp Closing

**EXTENDED CARE AVAILABLE, SEE PAGE 4 FOR DETAILS.**



# AVENGERS (AGES 4-5, GOING IN K'GARTEN)

Our Avengers stay at North (or are transported) with various age appropriate activities and a weekly Adventure Day on Tuesdays. Parents will be notified of schedule changes.



	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30 AM	Camp Opening	Camp Opening	Camp Opening	Camp Opening	Camp Opening
9:30-10:00 AM	Bus to North	Bus to North	Bus to North/ Littlestown	Bus to North	Bus to North
10:00-10:30 AM	Art	Field Trip/ Art	Adventure Day	Art	Art
10:30-11:00 AM	Team Games	Field Trip/ Team Games	Adventure Day	Team Games	Team Games
11:00-11:15 AM	Bathroom Break	Bathroom Break	Adventure Day	Bathroom Break	Bathroom Break
11:15-12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch
12:00-1:00 PM	Swim	Swim	Adventure Day	Swim	Swim
1:00-1:45 PM	Snack/Break	Snack/Break	Adventure Day	Snack/Break	Snack/Break
1:45-2:30 PM	Gymnastics	Gymnastics	Adventure Day	Gymnastics	Gymnastics
2:30-3:00 PM	Bus to Home Location	Bus to Home Location	Bus to Home Location	Bus to Home Location	Bus to Home Location
3:00-3:30 PM	Camp Closing	Camp Closing	Camp Closing	Camp Closing	Camp Closing

	Location: North	Field Trip- Tuesdays
Week 1	June 4-8	N/A
Week 2	June 11-15	Apple Valley Creamery
Week 3	June 18-22	East Coast Exotic Animal Rescue
Week 4	June 25-29	Kid's Kingdom
Week 5	July 2-6	N/A (No Camp 7/4)
Week 6	July 9-13	R.C. Theatre
Week 7	July 16-20	N/A
Week 8	July 23-27	Under the Horizon Pottery
Week 9	July 30-August 3	N/A
Week 10	August 6-10	Paulus Orchards
Week 11	August 13-17	N/A



# CHALLENGERS (AGES 6-8)

Dates	Mon- North	Tues- South	Wed	Thurs- Littlestown	Fri- North
<b>Week 1</b> 6/4-8	N Flag Football Painting HH Science	S Flag Rugby Origami S.T.E.M.	N Creatures Great & Small	L Lacrosse Cooking Combat	N Flag Football Painting HH Science
<b>Week 2</b> 6/11-15	N Dodgeball Duct Tape Outer Space	S Flag Football Painting HH Science	L Run, Jump, Play! Field Day	L Flag Rugby Origami S.T.E.M.	N Dodgeball Duct Tape Outer Space
<b>Week 3</b> 6/18-22	N Soccer Tie Dye Superheroes	S Dodgeball Duct Tape Outer Space	N East Coast Exotic Animal Rescue	L Kayak	N Soccer Tie Dye Superheroes
<b>Week 4</b> 6/25-29	N Archery Spin Art Fort Building	S Soccer Tie Dye Superheroes	N Splash Zone	L Dodgeball Duct Tape Outer Space	N Archery Spin Art Fort Building
<b>Week 5</b> 7/2-6	N Ultimate Frisbee Papier-mache Wilderness	S Archery Spin Art Fort Building	No Camp 7/4	L Soccer Tie Dye Superheroes	N Ultimate Frisbee Papier-mache Wilderness
<b>Week 6</b> 7/9-13	N Kickball Batik Engineering	S Ultimate Frisbee Papier-mache Wilderness	N Ryan "The Bug Man"	L Kayak	N Kickball Batik Engineering
<b>Week 7</b> 7/16-20	N Handball Painting Geology	S Kickball Batik Engineering	L 2018 Summer Ylympics	L Ultimate Frisbee Papier-mache Wilderness	N Handball Painting Geology
<b>Week 8</b> 7/23-27	N Baseball Gardening HH Science	S Handball Painting Geology	N North YMCA Baseball Game	L Kickball Batik Engineering	N Baseball Gardening HH Science
<b>Week 9</b> 7/30-8/3	N Futsal Pottery Splash	S Baseball Gardening HH Science	L Camp Ninja Warrior	L Kayak	N Futsal Pottery Splash
<b>Week 10</b> 8/6-10	N Golf Messy Art Lego	S Futsal Pottery Splash	N R.C. Theatre	L Baseball Gardening HH Science	N Golf Messy Art Lego
<b>Week 11</b> 8/13-17	N Flag Rugby Origami S.T.E.M.	S Golf Messy Art Lego	L Camp Hickory Extravaganza!	L Futsal Pottery Splash	N Flag Rugby Origami S.T.E.M.



# EVADERS (AGES 9-11)

Dates	Mon- South	Tues-Littlestown	Wed	Thurs- North	Fri- South
<b>Week 1</b> 6/4-8	S Flag Rugby Origami S.T.E.M.	L Lacrosse Cooking Combat	N Creatures Great & Small	N Flag Football Painting HH Science	S Flag Rugby Origami S.T.E.M.
<b>Week 2</b> 6/11-15	S Flag Football Painting HH Science	L Flag Rugby Origami S.T.E.M.	L Run, Jump, Play! Field Day	N Kayak	S Flag Football Painting HH Science
<b>Week 3</b> 6/18-22	S Dodgeball Duct Tape Outer Space	L Flag Football Painting HH Science	N East Coast Exotic Animal Rescue	N Soccer Tie Dye Superheroes	S Dodgeball Duct Tape Outer Space
<b>Week 4</b> 6/25-29	S Soccer Tie Dye Superheroes	L Dodgeball Duct Tape Outer Space	N Splash Zone	N Archery Spin Art Fort Building	S Soccer Tie Dye Superheroes
<b>Week 5</b> 7/2-6	S Archery Spin Art Fort Building	L Soccer Tie Dye Superheroes	No Camp 7/4	N Kayak	S Archery Spin Art Fort Building
<b>Week 6</b> 7/9-13	S Ultimate Frisbee Papier-mache Wilderness	L Archery Spin Art Fort Building	N Ryan "The Bug Man"	N Kickball Batik Engineering	S Ultimate Frisbee Papier-mache Wilderness
<b>Week 7</b> 7/16-20	S Kickball Batik Engineering	L Ultimate Frisbee Papier-mache Wilderness	L 2018 Summer Ylympics	N Handball Painting Geology	S Kickball Batik Engineering
<b>Week 8</b> 7/23-27	S Handball Painting Geology	L Kickball Batik Engineering	N York Revs Baseball Game	N Kayak	S Handball Painting Geology
<b>Week 9</b> 7/30-8/3	S Baseball Gardening HH Science	L Handball Painting Geology	L Camp Ninja Warrior	N Futsal Pottery Splash	S Baseball Gardening HH Science
<b>Week 10</b> 8/6-10	S Futsal Pottery Splash	L Baseball Gardening HH Science	N R.C. Theatre	N Golf Messy Art Lego	S Futsal Pottery Splash
<b>Week 11</b> 8/13-17	S Golf Messy Art Lego	L Futsal Pottery Splash	L Camp Hickory Extravaganza!	N Kayak	S Golf Messy Art Lego



Site Cell: North: 717-476-3123 | Littlestown: 717-476-3132 | South: 717-476-3130

# TEENS (AGES 12-15)

Dates	Mon- Littlestown	Tues- North	Wed	Thurs-South	Fri-Littlestown
<b>Week 1</b> 6/4-8	L Lacrosse Cooking Combat	N Flag Football Painting HH Science	N Creatures Great & Small	S Kayak	L Lacrosse Cooking Combat
<b>Week 2</b> 6/11-15	L Flag Rugby Origami S.T.E.M.	N Dodgeball Duct Tape Outer Space	L Run, Jump, Play! Field Day	S Flag Football Painting HH Science	L Flag Rugby Origami S.T.E.M.
<b>Week 3</b> 6/18-22	L Flag Football Painting HH Science	N Soccer Tie Dye Superheroes	N East Coast Exotic Animal Rescue	S Dodgeball Duct Tape Outer Space	L Flag Football Painting HH Science
<b>Week 4</b> 6/25-29	L Dodgeball Duct Tape Outer Space	N Archery Spin Art Fort Building	N Splash Zone	S Kayak	L Dodgeball Duct Tape Outer Space
<b>Week 5</b> 7/2-6	L Soccer Tie Dye Superheroes	N Ultimate Frisbee Papier-mache Wilderness	No Camp 7/4	S Archery Spin Art Fort Building	L Soccer Tie Dye Superheroes
<b>Week 6</b> 7/9-13	L Archery Spin Art Fort Building	N Kickball Batik Engineering	N Ryan "The Bug Man"	S Ultimate Frisbee Papier-mache Wilderness	L Archery Spin Art Fort Building
<b>Week 7</b> 7/16-20	L Ultimate Frisbee Papier-mache Wilderness	N Handball Painting Geology	L 2018 Summer Ylympics	S Kayak	L Ultimate Frisbee Papier-mache Wilderness
<b>Week 8</b> 7/23-27	L Kickball Batik Engineering	N Baseball Gardening HH Science	N York Revs Baseball Game	S Handball Painting Geology	L Kickball Batik Engineering
<b>Week 9</b> 7/30-8/3	L Handball Painting Geology	N Futsal Pottery Splash	L Camp Ninja Warrior	S Baseball Gardening HH Science	L Handball Painting Geology
<b>Week 10</b> 8/6-10	L Baseball Gardening HH Science	N Golf Messy Art Lego	N R.C. Theatre	S Kayak	L Baseball Gardening HH Science
<b>Week 11</b> 8/13-17	L Futsal Pottery Splash	N Golf Messy Art Lego	L Camp Hickory Extravaganzal	S Golf Messy Art Lego	L Futsal Pottery Splash



Site Cell: North: 717-476-3123 | Littlestown: 717-476-3132 | South: 717-476-3130

# ACADEMY SPORTS CAMPS

Designed to improve your athletes game, increase agility, and focus on a sport specific skill – Hanover Area YMCA Academy Sports Camps will train youth and teens for their upcoming season. Whether they are in the gym or on the field, the Academy Sports Camps will bring out the warrior in your athlete. Camps include 1:1 training and individualized instruction from well-known coaches of area sports programs. Extended care is available if needed. Camps vary, please read descriptions carefully.



**REGISTER ONLINE AT  
HANOVERYMCA.ORG  
OR CALL  
717-632-8211**

## Spring Volleyball Clinic

May 14–June 25 | South–Gym  
YM \$100 | NM \$115

Grades 3–5: Mondays/ 5:30 PM–6:30 PM  
Grades 6–8: Mondays/ 6:30 PM–7:30 PM

This clinic will target the beginner and intermediate level volleyball players in the area. The clinic will build technical proficiency through skills and drills while emphasizing a progression towards competitive game play. The clinic will focus on fundamentals through skills and drills and will build into mini-scrimmages where play will be focused on how players can take the skills they've learned and adapt them to game play.

## NFL Flag Football

May 20–July 8  
YM \$115 | NM \$125

Ages 7–14  
Time TBD | Littlestown Community Park  
Includes belt and shirt

This in-house youth NFL Flag Football league offers athletes the chance to play like the pros. A co-ed program where players learn the game of football, plays, compete and have fun. Registration ends April 22.

## John Grap Basketball Camp

June 11–July 16 | North – Courts  
YM \$65 | NM \$80

Grades K–2: Thursdays/ 6:00 PM–8:00 PM  
Grades 3–4: Wednesdays/ 6:00 PM–8:00 PM  
Grades 5–7: Mondays/ 7:00 PM–9:00 PM  
Grades 8–12: Mondays/ 5:00 PM–7:00 PM

This 6 week camp will combine best of both basketball camp and summer leagues into one two hour time slot each week. The first hour will be dedicated to drills and providing instructions. Our main goal is to help players sharpen their skills, increase their knowledge of the game and improve their playing ability for the upcoming season. Limit 20 players per age group.

Continued on next page >

# ACADEMY SPORTS CAMPS

## Harrisburg Heat Soccer Camps

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**Session 1: June 18–June 22**

**Session 2: August 6–August 10**

**YM \$100 | NM \$115**

**9:00 AM–12:00 Noon | South-Field House**  
.....

This camp provides instruction from players and coaches that have succeeded in making it to one of the top levels of competitive play. The Harrisburg Heat staff will run the camp as a fun and educational environment that will get your players ready for their upcoming season. Age appropriate activities and small sided games will get your player thousands of touches each day. Don't be concerned about the weather being too hot...indoor is where your player will stay throughout the camp. Players who sign up for this MUST HAVE shin guards.

## DCFA Futsal Clinic

.....  
**Session 1: June 25–June 30**

**Session 2: July 23–July 27**

**YM \$100 | NM \$115**

**Ages 8–14**

**9:00 AM–12:00 Noon | South-Gym**  
.....

This camp will work on futsal through skills, drills and technical training. Players will be broken up into age groups and will work with different DCFA instructors– former and current professional futsal and soccer players with college coaching and playing experience. Campers will focus on technical skills that can be translated to the outdoor soccer game. Drills will emphasize shooting, passing, dribbling,

1v1 moves and move in a fast paced and fun format. Each camper will improve their skills with hundreds of quality touches. As the week progresses players will play small sided games which will give them the opportunity to work on their skills under pressure. Players MUST wear flat soled shoes–no cleats.

## Hanover Rhinos No Contact Football Camp

.....  
**Session: One Day–July 21**

**Ages 6–14 | FREE**

**9:00 AM–12:00 Noon | North-Fields**

**Registration on [hanoverrhinos.org](http://hanoverrhinos.org)**  
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Players will develop new football skills and improve on existing football skills. They will gain a teamwork mind-set to help players become better teammates. Players will have fun while learning to be coachable at the sport they love. Coached by local High School and Hanover Rhino's Adult Amateur Team. To register for this camp, please visit: [hanoverrhinos.org](http://hanoverrhinos.org) and click on Hanover Rhinos Youth Skills Camp.

## Mini Spartan Field Hockey Clinic

.....  
**July 23– 25 | South-Field House**

**Ages 5–7 | 9:00 AM–10:30 AM**

**YM \$50 | NM \$60**

**Ages 8–13 | 9:00 AM–12:00 Noon**

**YM \$75 | NM \$85**  
.....

**Continued on next page >**



# ACADEMY SPORTS CAMPS

Come and join York College Field Hockey Coach Katie Fost and some of her student-athletes and coaching staff. Whether you are playing for the first time or have a few years under your belt you can expect to have fun, learn new skills and play games each week. Mouth Guard, shin guards and stick are needed (some loaner sticks by York College will be available).

## John Grap Boys Lacrosse Skill Set Academy

August 17-September 28

Ages 6-15 | YM \$75 | NM \$90

Fridays 6:00 PM-8:00 PM | South-Field House

This Academy combines the best of lacrosse camp and summer leagues together. This 6 week camp will be divided into two parts; the first hour will focus on drills while receiving instructions from YMCA staff members, followed by game time and/or game like skills competitions. The goal is to help lacrosse players keep their skills sharp, increase their knowledge of the game, and improve their playing ability for the upcoming season. Players who sign up for this program MUST HAVE the following equipment to participate: stick, helmet, gloves, shoulder pads, elbow pads and mouth guard.

## Nick Brady Elite Basketball Combine

Session 1: June 12-13

Session 2: August 2-3

YM \$70 | NM \$90 | South- Field House

Ages 5-13 | 11:00 AM-2:00 PM

This combine is for serious basketball players who are looking to participate in a 2 day, Pro-Style Combine workout that will test and improve every aspect of the player's game both physically and mentally. Players will participate in an intense and challenging workout that includes improvement drills to promote growth in explosiveness, agility, ball handling, shooting, conditioning, rebounding and defense.



## DID YOU KNOW...

The Hanover Area YMCA is a non-profit charitable organization that:

Ensured that 539 kids had the opportunity to attend summer camp regardless of family income? We accomplished this with the generous donations to our annual Kids Come First campaign.

"WE ARE NEVER REALLY HAPPY UNTIL WE TRY TO BRIGHTEN THE LIVES OF OTHERS."-HELEN KELLER

Give a Wish Today!  
717-632-8211

# SUMMER CAMP PLANNING SHEET/TRACKER

Session/Week	Camp Name/ Choice	Amount Paid/ Date
1/June 4-8	Choice 1 _____ Choice 2 _____ Choice 3 _____	_____/____
2/June 11-15	Choice 1 _____ Choice 2 _____ Choice 3 _____	_____/____
3/June 18-22	Choice 1 _____ Choice 2 _____ Choice 3 _____	_____/____
4/June 25-29	Choice 1 _____ Choice 2 _____ Choice 3 _____	_____/____
5/July 2-6	Choice 1 _____ Choice 2 _____ Choice 3 _____	_____/____
6/July 9-13	Choice 1 _____ Choice 2 _____ Choice 3 _____	_____/____
7/July 16-20	Choice 1 _____ Choice 2 _____ Choice 3 _____	_____/____
8/July 23-27	Choice 1 _____ Choice 2 _____ Choice 3 _____	_____/____
9/July 30-Aug 3	Choice 1 _____ Choice 2 _____ Choice 3 _____	_____/____
10/Aug 6-10	Choice 1 _____ Choice 2 _____ Choice 3 _____	_____/____
11/Aug 13-17	Choice 1 _____ Choice 2 _____ Choice 3 _____	_____/____

# Y WORLD OF SPORTS CAMP



Registration Opens Monday, April 2 for all campers  
Sports Camp Regular Hours: 7:30 AM to 5:30 PM daily  
Extended Camp Hours: 6:15 AM to 6:00 PM daily at  
(South only through Camp Hickory)

June 4– August 17, 2018

South Y Sports and Wellness Complex

Y World of Sports Camp is a unique camp that lasts throughout the summer for kids ages 6–14. Campers will have an opportunity to learn the fundamentals of a wide variety of sports including baseball/softball, basketball, ultimate frisbee, flag games, soccer, and more. Our multi-sports platform focuses on enhancing your child’s fitness through sports development, games, and a variety of enrichment activities. The camp provides an all day indoor active environment and emphasizes sportsmanship and fair play. Activities and games are set up like a physical education class at school. Campers also experience new sports such as flag tag, dodgeball, flag football and more! Register for one day, one week, or all summer. Drop off and pick up at South only, there is no transportation for this camp.

### Daily Camp Registration

	<u>YM Rate</u>	<u>NM Rate</u>
First Child	\$30/day	\$35/ day
Second Child	\$25/day	\$30/ day
Third Child	\$20/day	\$25/day
Fourth Child	\$15/day	\$20/day

### Weekly Camp Registration

	<u>YM Rate</u>	<u>NM Rate</u>
First Child	\$125/week	\$150/week
Second Child	\$105/week	\$130/week
Third Child	\$85/week	\$110/week
Fourth Child	\$65/week	\$90/week



Camp Hickory Extended Care Option\* \$28/week

\*Campers can be dropped off as early as 6:15 AM and picked-up by 6:00 PM. (See page 4 for camp hours and details)

All registrations must be completed by close of business, the Friday before the upcoming week. A \$25 late fee will be assessed after 9:30 PM. Prior balance must be paid in full to register for the next week. (Extended care is not discounted).

## WHAT TO BRING

- > Campers need to bring a packed lunch, wear closed toe shoes, and come dressed in gym attire.
- > Campers will enter at the Field House Entrance and sign their child in and out each day for camp.
- > The YMCA will not be responsible for any stolen or missing items that campers bring to camp.
- > Cell phones and electronic devices may not be used during camp hours.
- > No camp will be held on Wednesday, July 4th.
- > Camp Hickory camper rules and guidelines will also apply for Y World of Sports Camp.







**SAMPLE  
DAY FOR  
YOUR  
CAMPER**

**Our Counselors**

- > Follow all YMCA guidelines and requirements as listed for Camp Hickory.
- > Are local physical education teachers or teachers within the local school systems or are continuing education students with a path in sports or teaching.
- > Follow a strict 15:1 camper to Counselor ratio.

**Positive Guidance**

Counselors follow the core YMCA Character Development Values of Honesty, Caring, Respect, Responsibility & Faith. On occasion, campers may need to be corrected for inappropriate behavior. Parents will be notified of inappropriate behavior by the Counselor, Coach and/or Director. Behavior Tracking forms will be given to the parent/guardian for review and signature and the child must be picked immediately. Our goal is to provide a safe, enjoyable summer.

Time	Activity
7:30 AM-8:30 AM	Camp Drop Off/Free Play
8:30 AM-9:00 AM	Go Over Rules/Stretch
9:00 AM-9:45 AM	Start of Group/Activity (all ages together)
9:45 AM-11:30 AM	Age specific gym activities rotating every 30-45 minutes. Schedule will be posted each day at the start of camp.
11:30 AM-12:30 PM	Lunch
12:30 PM-1:00 PM	Free Play-Kid's Corner
1:00 PM-4:30 PM	Age specific gym activities rotating every 30-45 minutes. Schedule will be posted each day at the start of camp.
4:30 PM-5:30 PM	Pick Up/Free Play



# CAMP HICKORY DESCRIPTIONS

**ARCHERY:** Campers will get to learn range safety and fundamental archery skills throughout the week. Some campers will be able to take a trip out to the local Marchio's Sport Hut Inc. in Hanover, PA.

**BASEBALL:** Campers will have a chance to play variations of baseball including wiffleball and softball. Campers will be taught basic techniques and age specific groups will travel to the York Revs Baseball game this week.

**BATIK:** Campers will use the technique of hand-dyeing fabrics by using glue as a dye repellent to cover parts of a design, dyeing the uncovered fabric.

**COMBAT:** Take on other campers in water battles, laser tag, dodgeball and military style obstacle courses.

**COOKING:** If you love helping out in the kitchen, mixing and making foods this is the camp for you. Use different ingredients to make your very own food recipes, and go home with your own recipe book.

**DODGEBALL:** Campers will play a variety of dodgeball games including traditional, never ending, bowling pin dodgeball, prison ball and more.

**DUCT TAPE:** From creating a duct tape sculpture to making a duct tape wallet. Campers will get to explore the many uses and not so usual uses of duct tape.

**ENGINEERING:** Campers will find out how engineers change lives through hands-on activities. Using different equipment campers will explore fundamental principles of engineering.

**FLAG FOOTBALL:** Campers will have the opportunity to participate in low impact game of flag football. Participants will be able to

learn basic skills, and enjoy the game.

**FLAG RUGBY:** Campers will be introduced to this increasingly popular sport. By using flags participants will be allowed to learn the game and have fun without the physicality.

**FORT BUILDING:** Campers will have the opportunity to build forts from objects found in nature at Littlestown's Park. After the forts are built they will play games like capture the flag, where they must protect their forts.

**FUTSAL:** In this low competitive camp players will learn basic skills to play the game of Futsal. This week is based around fun and the introduction of this great game.

**GARDENING:** From table top to yard size... Campers will learn the skills to grow their own garden. Campers will have their own potted plant to take home.

**GEOLOGY:** Rocks, soil, and sand will all make an appearance in this week's activity. Campers will get to have hands on experiences with Earth's structure and substance.

**GOLF:** Whether you are just starting out or already an experienced golfer, this camp will let you play the game you love with new friends.

**HANDBALL:** Campers will have the opportunity to play different variations of handball this week including fish and nets, the fox and the chicken, and more.

**KICKBALL:** Campers will participate in the school yard classic. Each day teams will be set up and games played.

**LACROSSE:** Campers will get to enjoy the game in which the ball is thrown, caught, and carried with a long-handled stick. Throughout the week they will learn basic techniques, and have the opportunity to play the game within teams.

**LEGO:** Campers will use Legos provided by the YMCA to build and play with all their creations. Enjoy Lego games, competitions, speed challenges, and free build.

**MESSY ART:** Roll up your sleeves and get ready to make a mess! Campers will make art from bubbles, shaving cream, and much more.

**ORIGAMI:** Campers will get to learn the Japanese art technique of folding paper into decorative shapes and figures.

**OUTER SPACE:** 3-2-1 Lift Off! Campers will have a chance to feel like an astronaut with space theme games, crafts, and much more.

**PAINTING:** Campers will have the opportunity to use different techniques for painting: brushes, sponges, bubble wrap, straws, and anything they can imagine.

**PAPIER-MACHE:** Campers will roll up their sleeves, and use their creativity to make their own sculpture. Using newspaper and adhesive campers will have their own unique project to take home.

**POTTERY:** Campers will get to enjoy the endless possibilities of 3D Art. Campers will be able to make and take home their own creations of bowls, figurines, and whatever they desire to make.

**HOUSEHOLD SCIENCE:** Campers will learn the amazing world of science through hands on experiments. Slim, dancing raisins, homemade rock candy, and more.

**SOCCER:** KICK, PASS, SCORE! Campers will have a chance to learn basic skills and have the chance to play soccer in a team setting.

**SPIN ART:** Campers will get to use spinning platforms and paint to make their own one of a kind master piece to take home.

**SPLASH:** All things water for these activities. There will be water balloons, water guns, and much more.

**S.T.E.M:** Campers will be given the supplies, a challenge and work to figure out how to resolve different objectives. Each challenge will focus around science, technology, engineering and math.

**SUPERHEROES:** KABOOM! POW! ZAP! This week campers get to become any superhero they choose to be with superhero theme crafts and games.

**TIE DYING:** All the colors of the rainbow will be included in this week's activity. Campers will have a chance to tie dye in all variations... Shirts, paper, and more.

**ULTIMATE FRISBEE:** Campers will have the opportunity to participate in this non-stop action of soccer and the aerial passing of football in a fast paced setting. The campers will learn the basic techniques and rules of the game.

**WILDERNESS:** Campers will travel to Codorus, Littlestown, and Spring Grove to explore different trails around the area. Counselors will help guide campers while pointing out local animals and insects.





SUMMER CAMP GUIDE 2018  
hanoverymca.org

## HANOVER AREA YMCA 3 CONVENIENT LOCATIONS!

### NORTH HANOVER

500 George St., Hanover

P 717-632-8211

Monday-Friday from 4:30 AM-9:30 PM

Saturday from 6:00 AM-6:00 PM

Sunday from 10:00 AM-5:00 PM

### LITTLESTOWN

95 Keystone St., Littlestown

P 717-359-9733

Monday-Thursday from 5:00 AM-9:00 PM

Friday from 5:00 AM-7:00 PM

Saturday from 7:00 AM-1:00 PM

### SOUTH HANOVER YMCA SPORTS AND WELLNESS COMPLEX

650 Fairview Dr., Hanover

P 717-632-0294

Monday- Friday from 4:30 AM-9:30 PM

Saturday from 6:00 AM-6:00 PM

Sunday 10:00 AM-5:00 PM

24/7 Adult Access at all Hanover Area YMCA Locations

