

2017 HAMMOND YMCA SPORTS CAMPS

Baseball – The Y’s baseball camp will include skills of throwing, fielding, and hitting. Campers should bring their own mitt.

Basketball – Basketball Camp will combine both fun and instruction! Skills such as dribbling, passing, and shooting will be emphasized in a non-competitive format.

Beach ball Volleyball – Toddlers will learn the basic fundamentals and rules of volleyball using a beach ball.

Flag Football – This is a fun, non-contact form of football. Fun and fundamentals are stressed.

Floor Hockey – The Y’s floor hockey program will include drills that develop stick handling, passing, and shooting.

Kickball – The program will introduce campers to the sport of kickball. Skills such as kicking and base running will be emphasized. Safety and fun is stressed.

*Outdoors Camp – Get out and enjoy the nature in North Lake County! This camp will consist of three days of fishing and two days of hiking.

Racquet Sports – Campers will explore the sports that require a racquet to play. Games such as Tennis, Racquetball, and Table Tennis will be covered.

Soccer – The Y’s non-competitive soccer camp emphasizes drills that develop fundamental skills such as ball dribbling, passing, and shooting.

Sports of All Sorts – Enjoy a week of the regular sports offering from the Hammond YMCA: Basketball, Soccer, Floor Hockey and Flag Football.

T-Ball – This camp will introduce players to the sport of baseball. Skills and drills such as throwing, hitting, and base running will be highlighted.

Volleyball – Originally called Mintonette, volleyball is an original YMCA sport. Participants will learn the rules and fundamentals in a fun environment.