

Y SUMMER SPORTS AND SWIM CLINICS

At the Y, we understand that before children can be great athletes, they need to be great at the fundamentals. That's where we fit in – shaping tomorrow's athletes today.

WE BUILD SKILLS. WE BUILD CHARACTER. WE HAVE FUN!

In Y summer clinics, Y staff help children recognize their talents and the importance of being active. Staff also demonstrate and reinforce the Y's core values of caring, honesty, respect, and responsibility.

Players are grouped by age and ability. Clinics focus on coordination, teamwork and sportsmanship. Ultimately, our goal is to help prepare your child for the next level of sports and teach them that strong character is just as important as a strong game!

SUMMER SPORTS CLINICS



Y of Central Maryland
It's deeper here.®

Y Summer sports clinics are run under the Y sports philosophy which is the framework and foundation for all of our sports programs. The Y sports philosophy is based on seven principles:

1. SAFETY FIRST
2. EVERYONE PLAYS
3. FAIR PLAY
4. POSITIVE COMPETITION
5. FAMILY INVOLVEMENT
6. SPORT FOR ALL
7. SPORT FOR FUN

Our summer sports clinics consist of three components:

1. SKILL DEVELOPMENT
2. DRILLS
3. GAME PLAY

SUMMER SWIM CLINICS

Summer swim clinics consist of playing water sports and games, water safety education, and developing strokes and skills like flip turns and rotary breathing. Children also come out of the water to participate in dry land exercises and fun pool-deck activities.

Swim clinics are designed to give children within moderate to advanced swim levels a fun water experience while gaining worthwhile knowledge about swimming and safety.

Before registering, your child must complete a swim test with the Swim Director.



CLINIC OPTIONS

Clinics are offered in half-day morning or afternoon weekly sessions. Some full-day clinics are also available. Plus, you have the option of customizing your own full-day clinic by signing up for a half-day morning session and a half-day afternoon session! Clinics vary by location. Please check the sports & swim clinic selection chart for availability.

SPORTS

Adventure Clinic (ages 7-12)

Are you ready for an adventure! Participants focus on team building through a variety of outdoor challenges.

Baseball Clinic (ages 7-12)

Hey batter, batter, batter; sa-wing batter! Improve your batting, throwing, catching, pitching, base running and field position skills this summer.

Basketball Clinic (ages 7-12)

Bitty Basketball Clinic (ages 4-6)

Are you the next NBA legend in the making? Refine your basketball skills to help you get to the next level of the game.



Cheerleading/Gymnastics Clinic (ages 7-12)

For all you budding tumblers, we offer our cheerleading/gymnastics clinic! Half of the day will focus on developing cheerleading skills like body positions, chants and jumps. The other half will focus on basic gymnastics like tumbling and cartwheels.

Dance Clinics & Creative Clinics

Wanna shake your tail feather? Check out the dance clinics at the Greater Annapolis Family Center Y!

Clinic options include Dancing on Broadway and Princess Fairytopia. Also available is American Girl Doll and Project Funway. Go to ymaryland.org for full details.



Flag Football Clinic

(ages 7-12, ages vary by location)

Down, set, hike! Participants are divided into position-specific groups of linemen, backs, receivers, and special teams. Each group will rotate through stations working on fundamentals, conditioning, strength, and skills.

Floor Hockey Clinic (ages 7-12)

Skills include passing, shooting, field position, keeper and stick control.

Girls Volleyball Clinic (ages 7-12)

Participants will work on volleyball skills include serving, passing, setting, hitting, blocking, and game play.

Health & Wellness Clinic (ages 7-12)

Participants will learn that a healthy lifestyle is a fun lifestyle! Clinic will include fitness games, healthy eating information, team building activities and more!

Sports Mix Clinic (ages 7-12)

Kinder Sports Mix Clinic (ages 4-6)

Get a little bit of everything in our sports mix clinic! Participants will play a variety of sports like basketball, soccer, flag football, and more.

Soccer Clinic (ages 7-12)

Kinder Kicks (ages 4-6)

It's the #1 sport in the world for a reason! Have a blast this summer as you improve your soccer skills, including dribbling, passing, shooting, and offensive and defensive strategies.

Sports Clinic Fees (Half-Day Weekly Rates)

| Family Member | Youth Member | Open Rate |
|---------------|--------------|-----------|
| \$79 | \$99 | \$104 |

Double the price for full day.

Y SUMMER SPORTS AND SWIM CLINICS

ROCK WALL

Rock Wall Clinic (ages 7–12)

Learn basic climbing techniques while being challenged with drills and games. We will focus on safety and learning proper climbing skills.

Rock Wall Clinic Fees (Half-Day Weekly Rates)

| Family Member | Youth Member | Open Rate |
|---------------|--------------|-----------|
| \$93 | \$108 | \$143 |

Double the price for full day.



SWIM

Swim Clinics (ages 4–12, ages vary by location)

Jump in and soak up the fun! Before registering, you must complete a swim test with the Swim Director.



Aquatics – Begin to Swim (ABS)

For children with little or no swimming experience. We will focus on an introduction to swimming skills, such as floating, body position, breath control and paddle stroke. Other activities include land activities, water games and water safety education.

Aquatics – Competitive Swimming (ACS)

For children interested or involved in competitive swimming. We will focus on stroke development, building endurance, flip turns and diving. Other activities include land activities, water games and relays. Children must be able to pass a deep water test to enroll.

Aquatics – Water Games (AWG)

Jump in and soak up the fun! We will enjoy fun water games, stroke development, water sports and more. Children must be able to pass a deep water test to enroll.

Swim Clinic Fees (Half-Day Weekly Rates)

| Family Member | Youth Member | Open Rate |
|---------------|--------------|-----------|
| \$79 | \$99 | \$104 |

Double the price for full day.

Children will need to bring with them a towel, bathing suit, goggles, water and a snack, and possibly gym clothes and sneakers. Please contact your nearest Family Center Y.

The Y's NEW Online Clinic Registration Process

Registration for the 2014 Y clinic season begins January 6th for everyone.

Registration is *ONLY AVAILABLE ONLINE* at ymaryland.org/sports/summer-clinics (click the REGISTER button). Discounts are now available online!

Registration FAQs and step-by-step instructions can also be found online. Should you need assistance with your online registration, please contact your nearest Y center. Y front desk staff is available to answer any questions. Anyone with special financial considerations must contact Y Customer Billing at billing@ymaryland.org or call 443-322-8000 for help.

Advantages of the New Online Registration System

- ▶ Less paperwork to complete
- ▶ No standing in long lines
- ▶ Easy access to view the clinic locations and weeks your child is signed up for
- ▶ Sibling discounts and promotions are now available online*
- ▶ Pay clinic balances online
- ▶ Print your own receipts and tax information

*See Sibling Discount and Promotion section on page 26 for specifics.

Important Information to Create Your Account

- ▶ **Advantages of Membership:** To receive discounts on clinic fees, membership must be active at the time of registration and throughout the clinic season. If a membership is purchased after registration, the member rate cannot be applied. For family membership holders, the membership must be in the name of the parent/guardian registering the child.
- ▶ **Facility Access Number (found on membership keytag):** If you have a family membership, you will need to enter the parent/guardian facility access number AND each child's number. If you have a youth membership, you will only need to enter the facility access number for each child. Membership keytags can be obtained at any Family Center Y.
- ▶ To create your account, go to ymaryland.org/sports/summer-clinics, click on the REGISTER button, click on CREATE AN ACCOUNT, and follow the prompts.



Important Information to Register and Create Child's File

- ▶ Once your account is created, it's time to develop your child's file.
- ▶ Make your clinic selection and add your first week to your shopping cart. Choose only one week per child and follow the prompts to complete and pay for this initial week. This initial registration will save your child's information, eliminating the need for you to re-enter the information each time you add additional clinic weeks. *(If you choose multiple weeks for your child during the initial registration, you will have to re-enter their information for each of the weeks).*
- ▶ Complete your initial registration and payment (including any promo codes) by paying in full or via payment plan options.
- ▶ Now that your initial registration and child's information have been saved, additional weeks of clinics may be added.
- ▶ At the time of registration, information such as phone numbers, emergency contacts, tetanus shot date (month/day/year), medications, and allergies will be necessary.

Sibling Discounts and Promotions

You will be able to process sibling discounts and promotion codes when the registration and child's file creation directions are followed. These discounts only work ONCE per transaction. Registering each child in the family for one week at a time is the best way to optimize this process and get the best savings.

For Example you Should:

Register one or more children at the same time for week 2 clinics.

For Example you Should Not:

Register one or more children for weeks 2, 3, and 5 at the same time. *(Discounts will only apply once and not for three weeks.)*

Helpful Hints and Reminders

- ▶ Phone numbers can be entered more than once.
- ▶ Tetanus shots must be entered as month/day/year. If the day is unknown, you may use the 1st of the month.
- ▶ Provide an email address that you will check frequently as this will be our main form of communication with you regarding your account and clinic information.
- ▶ You can search for clinics without logging in or creating an account.
- ▶ You can add clinics to your account wish list and register later. Wish lists do not reserve your space.
- ▶ Remember to visit ymaryland.org for FAQs and to download forms, manuals, and agreements.



Y SUMMER SPORTS AND SWIM CLINICS

| | Week 1 6/16-6/20 | Week 2 6/23-6/27 | Week 3 6/30-7/3* | Week 4 7/7-7/11 | Week 5 7/14-7/18 | Week 6 7/21-7/25 | Week 7 7/28-8/1 | Week 8 8/4-8/8 | Week 9 8/11-8/15 | Week 10 8/18-8/22 |
|--|---------------------|---------------------|---------------------|--------------------|---------------------|---------------------|--------------------|--------------------|---------------------|----------------------|
| ANNE ARUNDEL COUNTY Greater Annapolis Family Center Y | | | | | | | | | | |
| BITTY BASKETBALL | | AM (4-6) | | | | PM (4-6) | | AM (4-6) | | |
| BASKETBALL | | | PM (7-12) | | | | AM (7-12) | | | |
| FLAG FOOTBALL | | | AM (10-13) | | | AM (6-9) | | | AM (6-9) | |
| SOCCER/KINDER KICKS | | | | PM (7-12) | AM (4-6) | | | | | |
| SPORTS MIX | | | | | | | | PM (7-12) | | AM (7-12) |
| DANCE CLINICS AND CREATIVE CLINICS ARE ALSO AVAILABLE AT THE GREATER ANNAPOLIS FAMILY CENTER Y. VISIT YMARYLAND.ORG FOR DETAILS. | | | | | | | | | | |
| BALTIMORE CITY Weinberg Family Center Y | | | | | | | | | | |
| SOCCER <i>see pg. 9 Sports Camps</i> | | | | | FULL DAY SPECIALTY | | | | | |
| BASKETBALL <i>see pg. 9 Sports Camps</i> | | FULL DAY SPECIALTY | | | | | | FULL DAY SPECIALTY | | |
| FOOTBALL <i>see pg. 9 Sports Camps</i> | | | | | | FULL DAY SPECIALTY | | | FULL DAY SPECIALTY | |
| SWIM ACS | PM (7-12) | PM (7-12) | | PM (7-12) | PM (7-12) | | | | | |
| BALTIMORE COUNTY Catonsville Family Center Y | | | | | | | | | | |
| SWIM | | ABS (5-7) | | ACS (6-8) | | ABS (7-9) | | AWG (9-12) | ACS (6-8) | |
| BALTIMORE COUNTY Dundalk Family Center Y | | | | | | | | | | |
| SWIM | ABS PM (4-5) | | ACS PM (9-12) | | AWG PM (6-10) | | ABS PM (6-8) | | ACS PM (9-12) | |
| BALTIMORE COUNTY The Orokawa Family Center Y in Towson (formerly Towson Family Center Y) | | | | | | | | | | |
| ROCK WALL | (7-12) | (7-12) | | (7-12) | (7-12) | | (7-12) | (7-12) | | |
| SPORTS MIX | (7-12) | | (7-12) | | (7-12) | (7-12) | | (7-12) | (7-12) | |
| SOCCER | | (7-12) | | (7-12) | | | (7-12) | | | |
| KINDER SPORTS MIX | AM (4-6) | AM (4-6) | | AM (4-6) | AM (4-6) | | AM (4-6) | AM (4-6) | | |
| FLAG FOOTBALL | | | (7-12) | | | (7-12) | | | (7-12) | |
| SWIM ACS | PM (7-12) | PM (7-12) | | PM (7-12) | PM (7-12) | | PM (7-12) | PM (7-12) | | PM (7-12) |
| SWIM ABS | | | PM (6-9) | | | PM (6-9) | | | PM (6-9) | |
| BALTIMORE COUNTY Perry Hall Family Center Y | | | | | | | | | | |
| FOOTBALL | | | | | PM (7-12) | | | PM (7-12) | | |
| BASKETBALL | | PM (7-12) | | | | PM (7-12) | | | | |
| SOCCER | | | | PM (7-12) | | | PM (7-12) | | | |
| SPORTS MIX | | | | | | | | | AM (4-6) | |
| HEALTH AND WELLNESS | | | | AM (7-12) | | | | AM (7-12) | | |
| CARROLL COUNTY Hill Family Center Y - See page 11 for a NEW Summer Experience at the Hill Family Center Y! | | | | | | | | | | |
| SWIM ACS | | AM (7-12) | | AM (7-12) | | AM (7-12) | | AM (7-12) | AM (7-12) | |
| SWIM ABS | AM (7-12) | | AM (7-12) | | AM (7-12) | | AM (7-12) | | | |
| HARFORD COUNTY Ward Family Center Y | | | | | | | | | | |
| BASEBALL | | | | | | | | | (7-12) | |
| BASKETBALL | | | | | | (7-12) | | | | |
| CHEERLEADING/GYMNASTICS | | PM (7-12) | | PM (7-12) | | PM (7-12) | | PM (7-12) | | PM (7-12) |
| FLAG FOOTBALL | (7-12) | | | | | | | | | |
| FLOOR HOCKEY | | | | | | | | | (7-12) | |
| ROCK WALL | | | PM (7-12) | | PM (7-12) | | PM (7-12) | | | |
| SOCCER | | | (7-12) | | | | | | | |
| SPORTS MIX | (7-12) | (7-12) | | (7-12) | (7-12) | | (7-12) | (7-12) | | (7-12) |
| SWIM ACS | | AM (6-9, 7-12) | | | | | AM (6-9, 7-12) | | | |
| SWIM ABS | | | | AM (4-6) | | AM (4-6) | | | | |
| SWIM AWG | | | | | AM (7-12) | | | | AM (7-12) | |
| HOWARD COUNTY Dancel Family Center Y | | | | | | | | | | |
| SPORTS MIX | AM (4-6) | AM (4-6) | | AM (4-6) | | AM (4-6) | | | | |
| BASKETBALL | (7-12) | AM (7-12) | | PM (7-12) | | | | AM (7-12) | | |
| SOCCER | PM (7-12) | | | (7-12) | | | | | | |
| FLOOR HOCKEY | | | | | | (7-12) | | AM (7-12) | | |
| FOOTBALL | | PM (7-12) | | | | | | PM (7-12) | | |
| VOLLEYBALL | | | | | | PM (7-12) | | | | |
| ROCK WALL | | PM (7-12) | (7-12) | PM (7-12) | (7-12) | PM (7-12) | (7-12) | | | |
| SWIM | | PM ABS (7-12) | | PM ACS (7-12) | | PM ABS (7-12) | | PM AWG (7-12) | PM ACS (7-12) | |

WHEN "AM" OR "PM" ARE NOT INDICATED, CLINICS ARE AVAILABLE IN BOTH THE MORNING OR THE AFTERNOON.

KEY ALL AGES ARE IN PARENTHESIS (ex. 4-6) **AM**=AM ONLY **PM**=PM ONLY
ABS=AQUATIC BEGIN TO SWIM **ACS**=AQUATIC COMPETITIVE SWIM **AWG**=AQUATIC WATER GAMES

*Clinics will not operate on July 4th.

Go to ymaryland.org for more information!

Y SUMMER SPORTS AND SWIM CLINICS

CLINIC LOCATIONS



Anne Arundel County

Greater Annapolis Family Center Y

1209 Ritchie Highway
Arnold, MD 21012
410-544-2525

Baltimore City

Weinberg Family Center Y

900 E. 33rd Street
Baltimore, MD 21218
410-889-9622

Baltimore County

Catonsville Family Center Y

850 S. Rolling Road
Catonsville, MD 21228
410-747-9622

Perry Hall Family Center Y

4375 Ebenezer Road
Perry Hall, MD 21236
410-529-1999

The Orokawa Family Center Y in Towson

(formerly Towson Family Center Y)
600 W. Chesapeake Avenue
Towson, MD 21204
410-823-8870

Y Swim Center in Dundalk

120 Trading Place
Dundalk, MD 21222
410-285-7616

Carroll County

Hill Family Center Y

1719 Sykesville Road
Westminster, MD 21157
410-848-3660

*See page 11 for unique options
for the Hill Family Center Y.*

Harford County

Ward Family Center Y

101 Walter Ward Blvd.
Abingdon, MD 21009
410-679-9622

Howard County

Dancel Family Center Y

4331 Montgomery Road
Ellicott City, MD 21043
410-465-4334



GENERAL INFORMATION

Clinic Registration

Clinic registration for the 2014 summer season begins January 6th for everyone. Registration is **ONLY AVAILABLE ONLINE** at ymaryland.org. Discounts are now available online!

Sign up early as space is limited and enrollment is on a first-come, first-served basis. Registration must be accompanied by applicable deposits and forms. For more information about registering online, see page 25 or visit ymaryland.org for complete details.

Please Note: In order to qualify for member rates, the child you are registering must be a member at the time of registration and remain a member throughout all clinic session(s). For family membership holders, the membership must be in the name of the parent/guardian registering the child. If a membership is purchased after registration, the member rate cannot be applied.

Clinic Hours

Half-day morning clinics:

9:00am–12:00pm

Half-day afternoon clinics:

1:00pm–4:00pm

Full-day clinics:

9:00am–4:00pm (child must bring lunch)



Extended Hours

Morning: 7:00am–9:00am

Afternoon: 4:00pm–6:00pm

Morning and afternoon extended hours are not included in the cost of clinics. *Each is an additional \$15 per week per child; \$30 per week per child for both.*

Sibling Discounts

A \$5 fee reduction per morning or afternoon session will be given for each additional child when registered for the same weeks of clinics. Discounts are available online.

Deposits

A \$25 per week/per child deposit is required for all half-day sports & swim clinics and a \$50 per week/per child deposit is required for all full-day sport & swim clinics. Deposits are non-refundable and are applied towards the total weekly fee. Even when clinic is paid in full, \$25 per week is considered a non-refundable deposit. (Not subject to sibling discount).

GENERAL INFORMATION

Balance of Weekly Clinic Fees

The balance of all weekly clinic fees is due two weeks prior to the start of that week of clinics. If the balance is not received, the child will not be allowed to attend and the slot will be reassigned.



To Register for Summer Clinics

Online

Registrations for the 2014 Y clinic season begins January 6th for everyone.

Registration is *ONLY AVAILABLE ONLINE* at ymaryland.org. Discounts are now available online!

For more information about how to register online, see page 25 or visit ymaryland.org. Should you need assistance with your online registration, please contact your nearest Y center. Y front desk staff is available to answer any questions. Anyone with special financial considerations must contact Y Customer Billing at billing@ymaryland.org or call 443-322-8000 for help.

Cancellation Policy

All changes and cancellations must be made in writing and include the dates of the weeks and a description of the request. All requests must be submitted to the Billing Office either via fax at 410-779-9426, or by email to billing@ymaryland.org. If a clinic week is cancelled the Friday before payment is due, the deposit will be left as a credit (less a \$5 per week/per child processing fee) on your account for one year and any balance paid will be refunded. Cancellations made after the Friday before payment is due will not be accepted; all fees are non-refundable. For more information please review the financial policy in the Clinic Parent Manual and Clinic Agreement.

Please save receipts for tax purposes.

Y tax ID#: 52-059-1699.



GO TO ymaryland.org FOR MORE INFORMATION

The 2014 Summer at the Y brochure has tons of information in it about the great opportunities at the Y, but you can't stop here! More information can be found at ymaryland.org.

INFORMATION LIKE...

- ▶ Using our new online registration system (All 2014 registrations must take place online. In center/in person registration is not available.)
- ▶ The latest offers and promotions
- ▶ FAQs (frequently asked questions)
- ▶ Required forms
- ▶ Parent manuals
- ▶ Camp billing information
- ▶ Payment history requests and more!



DON'T JUST TAKE OUR WORD FOR IT...

We know we offer great summer programs at affordable prices that exceed all expectations, but don't just take our word for it...here are a few comments from real parents about 2013 Summer at the Y!

- ▶ "I have been sending my child to Y Camp for several years and have always been pleased with the staff, organization, structure and fun that is provided!"
—Y Camp Parent
- ▶ "The free extended hours are great for working families! I really like the fact that you play so many games encouraging my kids to get up and move!"
—Y Camp Parent
- ▶ "The sports clinic was excellent for my child's age group and the staff were knowledgeable and professional."
—Y Sports Parent
- ▶ "The swim programs are phenomenal! We also like the sports clinics." —Y Sports Parent
- ▶ "I feel our son is safe and is having fun. His time is occupied with worthwhile activities and not mindless babysitting. I appreciate all that the counselors do to help him enjoy his day while learning and being active."
—Y Camp Parent
- ▶ "Affordable quality camp with a variety of fun activities to keep the kids engaged! I'm thrilled! We will be back next year!" —Y Camp Parent
- ▶ "The coach was amazing! He was great with the kids and made the experience enjoyable for everyone!"
—Y Sports Parent





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303 W. Chesapeake Avenue
Baltimore, MD 21204
ymaryland.org

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Y of Central Maryland
It's deeper here.®

The **Y of Central Maryland**
is a charitable organization
dedicated to developing
the **full potential of**
every individual
through programs that
build healthy spirit,
mind and body for all.

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUMMER AT THE Y 2014
ymaryland.org