

sports camps



Our sports camps are unique because we teach the fundamentals of each sport through a variety of fun drills and skill exercises. The majority of our camps spend half of the day (roughly 3-4 hours) specializing in a particular sport for the week, with the remainder of the day spent exploring the Presidio National Park, playing group games and completing art & craft projects. *An exception to this is our bike camps, which focus on a sport for the whole day.*

BASEBALL

JULY 12-16 **GRADES 2-3**
FACILITY MEMBER **\$270**
PROGRAM MEMBER **\$295**

Get ready to learn about America's favorite past time. Join us as we learn the rules and history of baseball. Campers will learn the fundamentals of defense, offense, base running and hitting. Pop-ups, grounders and home runs will also be discussed. Tournaments and scrimmage games will compliment instruction. Campers will learn from talented staff who will promote a non-competitive environment that is conducive to learning. The focus of this week will be to make new friends, stay healthy and have fun.

BASKETBALL

JUNE 7-11 **GRADES 6-8**
JUNE 7-11 **GRADES 4-5**
JUNE 28-JULY 2 **GRADES K-1**
JUNE 28-JULY 2 **GRADES 2-3**
JULY 26-30 **GRADES K-1**
JULY 26-30 **GRADES 2-3**
FACILITY MEMBER **\$270**
PROGRAM MEMBER **\$295**

Basketball camp is an exciting and confidence-building experience. Campers learn the basics of dribbling, ball handling and shooting. Our older campers will practice passing, defense, rebounding, shooting and team play. Activities include skills and drills, games and tournament play. Come see what its like to work as a team with new friends. Campers will increase their knowledge of basketball and will have the opportunity to develop new and existing skills in this dynamic sport.

BIKING

JUNE 14-18 **GRADES 6-8**
JUNE 21-25 **GRADES 4-5**
JUNE 28-JULY 2 **GRADES 4-5**
JULY 6-9 **GRADES 6-8**
JULY 19-23 **GRADES 4-5**
JULY 26-30 **GRADES 4-5**
FACILITY MEMBER **\$335 (JULY 6-9 \$270)**
PROGRAM MEMBER **\$360 (JULY 6-9 \$295)**

Take to the road by bicycle in our one-week bicycle camps, led by the experienced and certified staff of the Presidio Community YMCA Bicycle Program (www.ybike.org). Campers will practice their skills at our skills area near the Presidio Community YMCA, learn safe street and group riding practices on the quiet roads of the Presidio National Park and then

go for longer rides to parks throughout San Francisco and even across the Golden Gate Bridge to the Marin Headlands. Campers will also develop the skills to be responsible leaders, honest and positive members of a team and respectful stewards of the National Parks and natural places through which bikers ride. All equipment is provided. Campers who choose to bring their own bike and/or helmet must have their equipment inspected by YBike staff prior to using it for biking camp. **Campers who have never ridden a bicycle before are welcome and will be taught to ride so that they can participate.**

MOUNTAIN BIKING

JUNE 21-25 **GRADES 6-8**
JULY 6-9 **GRADES 4-5**
JULY 12-16 **GRADES 6-8**
JULY 19-23 **GRADES 6-8**
JULY 26-30 **GRADES 6-8**
FACILITY MEMBER **\$365 (JULY 6-9 \$335)**
PROGRAM MEMBER **\$390 (JULY 6-9 \$360)**

Looking to get muddy? Want to take your bike into the dirt? Offered in partnership with our dirt-friendly pals at San Francisco Urban Riders (www.sfurbanriders.org), our one-week Mountain Biking camp will teach you the skills you need to ride with confidence on the technical trails and paths of the San Francisco Bay Area. We'll first hone our skills on the trails of the Presidio, move on to master the all-volunteer-built trails of Mt. Sutro and then take a trip to the Coastal Trail and dirt paths in the Marin Headlands. We'll also tackle the trails of McLaren or Golden Gate Parks. We'll cap off a great week by taking a field trip to the mountain biking mecca of Marin's China Camp. All equipment is provided. Campers who choose to bring their own bike and/or helmet must have their equipment inspected by YBike staff prior to using it for bike camp. **Campers must know how to ride a bicycle to enroll in this program.**



PRESIDIO COMMUNITY YMCA

VISIT US ONLINE: www.ymcasf.org/presidio