

JUMP START PROGRAMS

SOFT STICK LACROSSE

Boys and girls in grades 1-5 can learn to play one of the fastest growing sports in the United States. Lacrosse is action packed and lots of fun! All equipment will be provided in this highly instructional and recreational program. Experienced coaches from Jump Start Sports will teach children the fundamentals of the game including: passing and catching, fielding ground balls, cradling, spacing and positioning, and defense. Children will play fun, game situational scrimmages. Plastic sticks and soft balls will be provided. Body checking or stick checking will not be permitted! Helmets or shoulder pads will not be used.

Day: Thursday
Date: September 7 – October 12 **Course Code:** 17500
Time: 6:00 p.m. – 7:00 p.m.
Fee: \$65 (resident) \$97.50 (non-resident)
Age: 1st grade – 5th grade
Location: McCurry Park South



YOUTH FLAG FOOTBALL LEAGUE

Why flag football? Players will be taught football basics and then apply their new skills in low – competition games against a rotating schedule of teams. Players will learn the basic fundamentals of offense and defense, plus introduced to speed and agility training. League will meet once a week for 6 weeks.

Day: Thursday
Date: September 7– October 12
Time: 7:15 p.m.– 8:15 p.m. **Course Code:** 17501
Fee: \$65 (resident) \$97 (non-resident)
Age: 5 -12 years old
Location: McCurry Park South



THANKSGIVING BREAK CAMP

Jump Start Sports Camps are fun-oriented and highly instructional. The relaxed and nurturing atmosphere enables children to learn, grow, make friends, and have a meaningful camp experience. The camp focus is on the fundamentals of the sport for beginners, and advanced concepts for the experienced player. Kids will be coached at their ability and level of understanding. Camp games and activities include: capture the flag, tag games, relay races, whiffle ball, kickball, and more. Children will be separated into age groups for all competitive activities. Supplies: Campers should bring a packed lunch with a beverage, snacks, and plenty of water each day.

Day: Monday & Tuesday
Date: November 20 – November 21 **Course Code:** 17502
Time: 9:00 a.m. – 3:00 p.m.
Fee: \$60 (resident) \$90 (non-resident)
 Before Care: \$15 After Care: \$30 Combo: \$40
Age: 4-12 years old
Location: Kiwanis Center



CHRISTMAS BREAK CAMP

Jump Start Sports Camps are fun-oriented and highly instructional. The relaxed and nurturing atmosphere enables children to learn, grow, make friends, and have a meaningful camp experience. The camp focus is on the fundamentals of the sport for beginners, and advanced concepts for the experienced player. Kids will be coached at their ability and level of understanding. Camp games and activities include: capture the flag, tag games, relay races, whiffle ball, kickball, and more. Children will be separated into age groups for all competitive activities. Join anytime during the week (fee will be pro-rated). Supplies: Campers should bring a packed lunch with a beverage, snacks, and plenty of water each day.

Day: Monday - Friday
Date: December 18 – December 21 **Course Code:** 17503
Time: 9:00 a.m. – 3:00 p.m.
Fee: \$60 (resident) \$90(non-resident)
 Before Care: \$15 After Care: \$30 Combo: \$40
Age: 4 -12 years old
Location: Kiwanis Center

