

# Youth Programs

## Sports and Fitness



### Mini-Hawk Camp

Sample the joys of Soccer, Basketball, & Baseball and/or T-ball!

This multi-sport camp was developed for the younger ages of 4-6 years old and to develop a positive experience into athletics. Multi-Sport Camps teach good sportsmanship, teamwork, and the importance of fair play. Our coaches show kids the basics of each sport and teach them the rules and strategies of the sport in a positive, secure environment. Children as young as four can enjoy the benefits of being introduced to a healthy, athletic lifestyle, and participation in team sports helps build a child's self-esteem to reinforce positive interaction with adults and other children. All participants receive a t-shirt and a merit award. The participant to coach ratio is approximately 8:1

Min 15/Max 50

Location: Cascade View Elementary School

Ages	Days	Dates	Times	Fee
4-6	M-F	Jun 27-Jul 1	9:00AM-12:00PM	\$104
4-6	M-F	Jul 25-29	9:00AM-12:00PM	\$104



### Skyhawks Tennis Camp

Become a total player by learning proper grips, footwork, strokes, volleys, and serves.

Skyhawks Tennis breaks down the fundamental skills of tennis through easily understood and applicable games/exercises that increase an athlete's skill level. As a challenging, individual sport, tennis develops strong bodies, good hand-eye coordination, and mental acuity. Skyhawks Tennis Camps focus on building the skills of proper grips, footwork, strokes, volleys, and serves while fostering a love of the game. While developing a love for the game, athletes will learn the rules and etiquette that will make tennis a lifelong game! All participants receive a t-shirt and a merit award. The participant ratio-to-coach is approximately 8:1

Min 10/Max 32

Location: Mount Si High School

Ages	Days	Dates	Times	Fee
7-12	M-F	Jun 27-Jul 1	9:00AM-12:00PM	\$104
7-12	M-F	Jul 11-15	9:00AM-12:00PM	\$104
7-12	M-F	Jul 25-29	9:00AM-12:00PM	\$104



### Skyhawks Basketball Camp

Basketball is a high energy, exciting team sport that builds character and promotes healthy exercise. Skyhawks Basketball Camps teach basketball skills to children as young as three in a safe, fun environment. Our experienced coaches teach ball handling, passing, shooting, defense, and rebounding, as well as team spirit and good sportsmanship. At the end of the week, the young athletes test their skills in a tournament. All participants receive a t-shirt and a merit award. The participant ratio-to-coach is approximately 10:1.

Min 15/Max 50

Location: Snoqualmie Valley Schools

Ages	Days	Dates	Times	Fee
5-8	M-F	Jul 11-15	9:00AM-12:00PM	\$104
7-12	M-F	Jul 25-29	9:00AM-3:00PM	\$139
5-8	M-F	Aug 8-12	9:00AM-12:00PM	\$104



### Gymnastics Express Tiny Tumblers Camp

Our preschool camps will help young children learn the basic skills of gymnastics in tumbling, on the beam and bars, in a fun and playful environment. We encourage them to try new things and build on skills they have perfected. Camp activities include: gymnastics instruction along with movement to music, parachute play and fun games. A snack will be provided.

Min 6/Max 18

Instructor: Gymnastic Express

Location: Si View Social Room

Fee: \$100

Ages	Days	Dates (Classes)	Times
3-5	M-F	Jul 11-15 (5)	9:30AM-11:30AM



### Skyhawks Flag Football Camp

Football camps are sure to deliver classic gridiron action! Football camps are presented in fun and invigorating training environments.

These camps offer the core skills of passing, catching, and de-flagging or defensive positioning. Our objective is to prepare our campers to be true champions on and off the gridiron. All camps conclude with the Skyhawks Bowl, an exhilarating and action-packed game that gives the campers a chance to show off their skills. Skyhawks Flag Football Camp also teaches good sportsmanship, teamwork, and the importance of fair play. Our experienced coaches give children who want to play football the opportunity to learn the game and improve their skills in a positive, secure environment. All participants receive a t-shirt and a merit award. The participant ratio-to-coach is approximately 12:1.

Min 15/Max 50

Location: Chief Kanim Middle School

Ages	Days	Dates	Times	Fee
7-12	M-F	Jul 11-15	9:00AM-12:00PM	\$104



### Skyhawks Volleyball Camp

Co-ed fun focusing on passing, setting, hitting, and serving! Volleyball is one of the most fun and exciting team sport. Delivered in an appealing

and engaging way, this co-ed camp helps each athlete develop the fundamental skills of the game through game-speed drills and scrimmages. These camps are aimed at developing the whole player. Our coaches will run the kids through speed drills along with daily scrimmages. All participants receive a t-shirt and a merit award. The participant ratio-to-coach is approximately 12:1.

Min 15/Max 40

Location: Si View Community Center

Ages	Days	Dates	Times	Fee
8-12	M-F	Aug 1-5	9:00AM-12:00PM	\$104



### Pro Baseball Camp

Any kids looking to hone their skills with Steve Goucher who was a former Atlanta Braves pitcher and scout, this is your calling. Steve provides a four day clinic designed to work all aspects of baseball including throwing, fielding, pitching, and hitting. Steve has over 15 years of experience instructing baseball at all levels. He has had many students go on to play collegiately and a few in the big leagues.

Instructor: Steve Goucher

Location: Si View Park - Field # 1

Ages	Days	Dates	Times	Fee
9-14	M-TH	Jun 20-23	10:00AM-1:00PM	\$129
9-14	M-TH	Jul 11-14	10:00AM-1:00PM	\$129



### Gymnastic Express Tumbling Tigers

This camp will provide an introduction of gymnastics skills from basic to intermediate for the beam, bars, tumbling and vaulting for girls and boys. We strive to accommodate a variety of skill levels in our camps and teach to the ability level of each child. Camp activities will include: gymnastics instruction along with fun games and parachute play. A snack will be provided.

Min 8/Max 20

Instructor: Gymnastic Express

Location: Si View Social Room

Fee: \$130

Ages	Days	Dates (Classes)	Times
6-12	M-F	Jul 11-15 (5)	12:30PM-3:30PM

### Summer Golf Classes

Weekly Class, One day a week

The weekly classes will cover putting, chipping, full swing with both irons/woods and how to play on a golf course in more depth than during our camps due to the extra time. Each player should leave the classes with the ability to play on a golf course, understand the rules, and learn different forms of competition. There will be 9 classes held in this summer session. Equipment provided.

Min 8/max 18

Instructor: Qualified Golf Academy Coach

Where: Little Si Links at Mount Si GC

Ages	Day	Dates (Classes)	Times	Fee
7-9	TBD	Jun-Aug (9)	TBD	\$175
10-12	TBD	Jun-Aug (9)	TBD	\$175



### Summer Golf Camps

This is an intro level golf camp for students trying to learn the game. Camps will cover putting, chipping, full swing with both irons/woods and most importantly how to play on the golf course with proper etiquette. Each player should leave the week with the ability to play on a golf course with minimal help. Our camps will provide all equipment for those that don't have their own. Camps will be held at the new short course Little Si Links at Mount Si Golf Course. All of our sessions will be instructed by a qualified Golf Academy Instructor.

Min 7/max 24

Instructor: Brandon Proudfoot or Golf Academy Instructor

Location: Little Si Links at Mount Si GC

Ages	Day	Dates (Classes)	Times	Fee
5-10	M-TH	Jun 20-23 (4)	9:00AM-12:00PM	\$130
5-10	T-F	Jul 5- 8 (4)	9:00AM-12:00PM	\$130
5-10	M-TH	Aug 1- 4 (4)	9:00AM-12:00PM	\$130



### UK Elite Soccer Camp

If you are a soccer player just starting out or are looking to take the next step in your soccer development then this camp is for you!

UK Elite, the 'leader in youth soccer education' offers the best possible professional training for boys and girls ages 5-14. Players are divided into groups that match our age-specific curriculum providing every player a fun and enjoyable soccer education. Each day players will learn the latest training techniques and daily World Cup Tournaments allow the players to put those new found skills into practice. The UK Elite coaches are professional instructors from the UK who are highly trained and motivated to develop youth soccer players. Every player will receive a Reebok ball and T-Shirt along with a detailed player evaluation at the end of the week. For more information visit [www.ukelite.com](http://www.ukelite.com) call 206-455-1855 or email [EwanR@UKElite.com](mailto:EwanR@UKElite.com).

Location: Si View Park

Ages	Days	Dates	Times	Fee
5-14	M-F	Jul 18-22	9:00AM-12:00PM	\$128
5-14	M-F	Jul 18-22	1:00PM-4:00PM	\$128



### UK Petite Soccer Camp

Petite Programs - A fun introduction for 3-5 year olds to the world of soccer through activity based programs. The emphasis is on a "Games Based" approach to coaching soccer within a fun learning environment. During the summer, the program runs for 75 minutes Mon - Fri. Players receive professional instruction from UK trainers and receive a T-Shirt, Soccer Ball, and Certificate. For more information visit [www.ukelite.com](http://www.ukelite.com) call 206-455-1855 or email [EwanR@UKElite.com](mailto:EwanR@UKElite.com).

Location: Si View Park

Ages	Day	Dates	Times	Fee
3-5	M-F	Jul 18-22	9:00AM-10:15AM	\$110
3-5	M-F	Jul 18-22	10:30AM-11:45AM	\$110