

SOUTHINGTON RECREATION DEPARTMENT



YOUTH SPORTS SKILL-BASED PROGRAMS



Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.

SUMMER 2019

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
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MINI-HAWK® CAMP (BASEBALL, BASKETBALL & SOCCER)

This multi-sport program gives children a positive first step into athletics. The essentials of each sport are taught in a safe, structured environment with lots of encouragement and a focus on fun. All games and activities are designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace.

SSA107744	7/08 - 7/12	M-F	9:00 a.m. - 12:00 p.m.	4-7	\$125	Joseph A. DePaolo Middle School
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TRACK AND FIELD CAMP

Skyhawks Track & Field was developed to introduce young athletes to a sport rich in tradition and history. These programs combine technical development and fundamental techniques with safety while keeping a major focus on fun! Using special equipment, our staff teach the standard track & field events: long distance, sprints, soft hurdles, relays, shot put, discus, and standing long-jump. Our exercises and drills prepare athletes for a future in cross-country, track & field events, and distance running while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are covered in this unique program. Participants will put it all together for one fun-filled day at the end-of-the-week track meet!

SSA107627	7/29 - 8/02	M-F	9:00 a.m. - 12:00 p.m.	7-12	\$125	Southington High School, Track
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This was my 6-yr. old's second year in Skyhawks and she LOVES it!!! She can't wait to go each morning and she comes home happy!! The counselors remembered her from last year which made her feel super special. They give the kids just enough activity and make them feel included from the start. Great camp!! – Amy S, Niantic CT



SPACE IS LIMITED!

REGISTER TODAY >>>

Online: southington.org/skyhawks
Phone: 860.276.6219