





Penn Medicine Lancaster General Health **Sports Medicine**







Donegal Beginner/Intermediate

Tennis Camp

Participants new to tennis will learn the basics using the Red/Yellow Quick Start tennis balls. Activities focus on hand/eye coordination with a series of fun

drills for beginners. Participants with tennis experience will focus on drills that develop the fundamentals of the game and learn the proper technique for the forehand, backhand, volley, lob and serve. Donegal High School Coaches Trent Hoffmaster & Pam Kaylor with High School

Players will instruct. Ages 8-14 Tue-Fri May 30-June 2 6-7:30 pm \$50 (\$60 NM) Donegal HS Tennis Courts

CSI E-town

Do you like to solve mysteries? Do you like solving puzzles? If you answered yes to those questions then you should join us for CSI E-town forensics camp this summer. We will use REAL forensic techniques to

solve mysteries. We will investigate fingerprints, unknown white powders, unknown ink samples and mystery liquids. Each day we will learn a new forensic techniques and then use it to solve a crime. E-town HS Chemistry teacher, Scott Baylor, will instruct. Ages 9-14

M-TH June 5-8 10 am-12 noon \$75 (\$85 NM) HS Room 2605

Chemistry Camp

Calling all future and current Scientists! Investigate what a chemical reaction looks like, sounds like, smells like and feels like. Come join the fun of making your own ooey, gooey slime and your own reverse tie dye shirts. Discover how red cabbage changes color with acids and bases. You will also play detective and catch the person who stole the chemicals from the lab. Sign up today

to find out why chemistry is the coolest science! E-town High School Chemistry teacher, Scott Baylor, will instruct. Ages 9 - 14

M-TH June 12-15 10 am-12 noon \$75 (\$85 NM) HS Room 2605

Wonderful Wizards

Be transported into the secretive world of wizards and witches in this Snapology program, inspired by the Harry Potter™ film series! Campers will explore their favorite aspects of the movie by exploring all that makes Hogwarts and learning magic! Create the castle they love, make maps to navigate it, be sorted into their houses and repeatedly express the pride of their house. This class will spark their imaginations and encourage creative reasoning in new ways, allowing them to build amazing things they have only dreamed of before! They'll enjoy themselves so much, you might think we have them under a spell! Ages 5-12 M-Th June 19-22 9 am-12 noon \$164 (\$174 NM) CC Gym

Bears Basketball Camp

Join the Elizabethtown Boys Basketball Coach Lee Eckert & players for this year's camp! Camp will focus on the fundamentals of basketball in a FUN, but competitive atmosphere (ball handling, shooting, passing, defense, rebounding, post moves, etc). Camp t-shirt is included in the fee. Grades 3-9 M-Th June 19-22 1-4 pm \$100 (\$110 NM) Bear Creek Gym

Field Hockey Camp

EAHS coaches and players will introduce the game of field hockey and teach the basic and intermediate

skills in grades K-3. More advanced skills and game concepts for grades 4-7 will be taught. Participants will need field hockey stick, shinguards and mouth guard (field hockey sticks will be available if you don't have one). Fee includes a camp t-shirt. Gradés K-7

M-F June 19-23 5-6 pm \$50 (\$60 NM) Jane Hoover Field

Track & Field Camp

Designed to provide an introduction to all aspects of track and field including but not limited to training for the events, rules of the sport, competitive strategies, equipment both for training and competing and nutritional needs and expectations. Camp will work on distance, jumping, throwing, hurdles, starts, sprints and relays. Participants will learn how track and field can prepare them for other sports. Camp t-shirt is included in

the fee. Coached by Derrick McDonald, EAHS Varsity Track Coach. Grades 3-8 M-F June 19-23 6-8 pm

\$65 (\$75 NM) HS Track



Non-Member Fees (NM) are for those that reside outside of the East Donegal Township, E-town Borough, Mt. Joy Township and West Donegal Township.

Science of Superpowers

In this Snapology program, children will learn about the science behind their favorite heroes' powers.

Students will learn about gravity, aerodynamics, forces, motion, and much more as they learn about flight, super villain fights, and superhero vehicles. Ages 5-10



M-Th June 26-29 9 am-12 noon \$164 (\$174 NM) CC Gym

Girls Basketball Camp

Attention future Lady Bears Basketball Players! This camp will focus on the fundamentals of the game. EAHS coaches and players will stress the basics of dribbling, shooting, passing, etc. Come ready to learn and improve. Wear sneakers and

comfortable clothes. Camp t-shirt included in fee. Grades 3-8

M-TH June 26-29 1-3 pm \$65 (\$75 NM) Daubert Gym



Girls Volleyball Camp

Join former E-town volleyball standout and current Towson Division 1 player, Sydney Stewart, for this camp! Campers will work on fundamentals of the game – passing, hitting and serving.

Game play and competitions will also be included. Kneepads are optional but recommended. T-shirt is included. Grades 5-8 M-TH June 26-29 3-5 pm



\$65 (\$75 NM) Bear Creek Gym

Beginner Tennis Camp

Children of any skill level will learn the fundamentals of tennis using the RED Quick Start tennis balls. In addition to tennis skills they will learn agility, balance and coordination. All skills needed for improvement in any sport. Brenda McBride, PTR Certified Instructor, will teach appropriate skill and age level. Ages 4-6

M-TH June 26-29 (I) July 10-13 (II) 9-9:45 am \$65 (\$75 NM) HS Tennis Courts

Beginner/Intermediate

Tennis Camp

Participants will focus on building tennis fundamentals with emphasis on the FUN! At least two different courts will provide quality

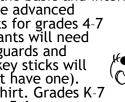


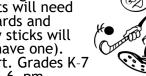
instruction for all skill levels. Camp will focus on learning proper techniques, while cultivating a love of the sport through drills and games. Brenda McBride, EAHS Varsity Tennis Coach, will instruct. Ages 7-14

- M-TH June 26-29 (I) July 10-13 (II) 9:45-11 am
- \$75 (\$85 NM) HS Tennis Courts

717-367-0355







Teen Tennis Camp

Players will develop and improve skills through conditioning, stroke development and strategy. Camp is for current or aspiring high school tennis players. Instructed by EAHS Varsity Tennis Coach, Brenda McBride. Ages 13-17 M-TH June 26-29 (I) July 10-13 (II) 7-8:30 pm \$80 (\$90 NM) HS Tennis Courts



Your sensei needs you! Design a new dojo for Snapology made from LEGO® bricks and train your men to battle with the best. Go through ninja training and earn your black belt, Snapology-style. Get ready to have fun and become a Master Ninja. Ages 5-10 M-Th July 17-20 9 am-12 noon \$164 (\$174 NM) CC Gym

Jr. Scientist

All About Animals with Kid K'Nex. Do you know what mammal is the largest on Earth? Or how a caterpillar becomes a butterfly? In this program, we invite your little zoologist to analyze the differences between vertebrates and invertebrates, construct their way through the butterfly and frog life cycles, build reptiles and examine the differences and similarities between insects and arachnids using Kid K'NEX® pieces. Your child will be too busy exploring the animal world to realize that they are gaining critical social, motor and developmental skills. Camp is taught by Snapology. Ages 3-5 M-W July 24-26 9-9:45 am \$45 (\$55 NM) CC Gym

Jr. Engineers

Young students build fun and simple models using DUPLO® blocks. By playing with and manipulating the models, they experience pulleys, levers, gears, wheels and axles while exploring energy, buoyancy, and balance. Classes include free-building time to promote creativity. Camp is taught

by Snapology. Ages 3-5 M-W July 24-26 10-10:45 am \$45 (\$55 NM) CC Gym

Learn to Bowl & Bowl

Better Mini-Camp

Lessons will include arm swing, 4 step approach, targeting and spare making. Clearview Lanes staff will instruct. Ages 8-12

M-Th July 24-27 6:30-7:45 pm \$45 (\$55 NM) Clearview Lanes







GetintoGEARS.org

