

# CITY OF FEDERAL WAY PARKS & RECREATION



## 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 2018

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
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#### BASKETBALL CAMP

SSA100605	6/25 - 6/29	Mon - Fri	9:00 a.m. - 3:00 p.m.	7-12	\$155	Lakota Middle School
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*This fun, skill-intensive program is designed for beginning to intermediate athletes. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork and responsibility.*

#### BASEBALL CAMP

SSA100743	7/09 - 7/13	Mon - Fri	9:00 a.m. - 3:00 p.m.	7-12	\$155	Saghalie Jr. High School
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*Boys and girls learn the fundamentals of fielding, catching, throwing, hitting and base running in a fun, positive environment. Athletes learn new baseball skills along with vital life lessons such as respect, teamwork and responsibility.*

#### MINI-HAWK® CAMP (SOCCER, BASEBALL & BASKETBALL)

SSA100672	7/23 - 7/27	Mon - Fri	9:00 a.m. - 12:00 p.m.	4-6	\$119	Saghalie Jr. High School
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*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.*

#### SOCCER CAMP

SSA100760	7/23 - 7/27	Mon - Fri	9:00 a.m. - 3:00 p.m.	7-12	\$155	Saghalie Jr. High School
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*Skyhawks is the nation's #1 camp for learning the fundamentals of soccer. Using our progression curriculum, boys and girls will gain the technical skills & sport knowledge required for that next step into soccer.*

#### SOCCER CAMP - SMALL-SIDED SCRIMMAGING

SSA100608	8/20 - 8/23	Mon - Thur	9:00 a.m. - 12:00 p.m.	7-12	\$99	Saghalie Jr. High School
SSA100673	8/20 - 8/23	Mon - Thur	9:00 a.m. - 12:00 p.m.	5-7	\$99	Saghalie Jr. High School

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**SPACE IS LIMITED!  
REGISTER TODAY»**

**ONLINE:**  
[www.skyhawks.com](http://www.skyhawks.com)

**PHONE:**  
800.804.3509



# DEVELOPMENT & TRAINING TENNIS PROGRAMS

**Skyhawks Tennis Academy** is a full service nationwide operator of tennis instruction and management. Staffed and operated by an elite group of certified tennis professionals STA provides the most modern tennis training techniques available in a safe and fun environment. STA is a division of Skyhawks Sports Academy, one of the oldest and largest youth sports providers in the country.

## SUMMER 2018

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
<b>ORANGE BALL TENNIS (AGES 7-10)</b>						
Players develop their tennis technique, athleticism, and court coverage skills in order to achieve success in rallying and in point playing on a 60ft court. Players increase their rallying, volley, serve and point playing skills while improving their athleticism and shot consistency before moving on to a 78ft court.						
SSA100831	7/02 - 7/06*	M,T,T,F	9:00 a.m. - 12:00 p.m.	7-10	\$79	Saghalie Jr. High School
SSA100832	7/16 - 7/19	Mon - Thur	9:00 a.m. - 12:00 p.m.	7-10	\$99	Saghalie Jr. High School
SSA100833	7/30 - 8/02	Mon - Thur	9:00 a.m. - 12:00 p.m.	7-10	\$99	Saghalie Jr. High School

## GREEN BALL TENNIS (AGES 8 - 12)

This class emphasizes all aspects of the game with emphasis on proper shot technique. Focus is placed on live ball drills that develop rallying and decision-making skills along with proper movement and recovery. Point playing games are used to reinforce the skills learned and to improve the player's competitive skills. Using teaching progressions that lead to live-ball play is a key element in this program.

SSA100836	7/02 - 7/06*	M,T,T,F	9:00 a.m. - 12:00 p.m.	8-12	\$79	Saghalie Jr. High School
SSA100835	7/16 - 7/19	Mon - Thur	9:00 a.m. - 12:00 p.m.	8-12	\$99	Saghalie Jr. High School
SSA100834	7/30 - 8/02	Mon - Thur	9:00 a.m. - 12:00 p.m.	8-12	\$99	Saghalie Jr. High School

*Skyhawks is a great program. My son went for a week and had a great time. The instructors were fantastic and my son enjoyed it. He did the multi-sport camp with a group of kids his age, and was kept busy each day playing fun activities. Great program!*

**– Courtney B, Monroe CT**

**\*No camp on Wednesday, July 4th.**

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