

All programs are based on grade level for the 2017-2018 school year.

Summer Programs

STRENGTH & CONDITIONING

Students will participate in a strength training program, in conjunction with a conditioning program, to achieve a maximum workout and overall increased body strength, speed, and power. This program is beneficial for athletes and for those seeking to increase total physical fitness and well-being.

FOR | Grades 10-12*, open to Boys & Girls

WHEN | July 5-August 11 (Tuesdays-Fridays)

TIME | 7:30-9:30 am

WHERE | Queensbury High School Weight Room and adjacent field (outdoor conditioning)

FEE | Resident \$35; Non-Resident \$45

PROGRAM SUPERVISOR:
Matt Crossman,
Queensbury Varsity
Football Coach

* Note: Incoming 9th Graders will need to be assessed for inclusion in the Grades 10-12 Strength & Conditioning program.

INTRODUCTION TO STRENGTH TRAINING

The program is a preparatory course that will lead to a more advanced strength training program. The approach is primarily a body-weight and light-weight introduction to strength training, with age-appropriate progression. This program will achieve overall increased body strength, power, and physical fitness.

FOR | Grades 7-9, open to Boys & Girls

WHEN | July 6-August 10 (Tuesdays & Thursdays)

TIME | 9:30-10:30 am

WHERE | Queensbury High School Weight Room

FEE | Resident \$60; Non-Resident \$70

PROGRAM SUPERVISOR:
Matt Crossman,
Queensbury Varsity
Football Coach

Fall Programs

SOCCER LEAGUE

For boys and girls Grades 1-6. Program will offer instruction as well as game experience with an emphasis on participation and fun. This is a non-competitive league.

FOR | Grades 1-6

WHEN | September 9-October 12

FEE | Resident \$50; Non-Resident \$60

PRACTICES/SKILL DEVELOPMENT:

WHEN | Saturdays

TIME | Grades 1 & 2: 8:30-9:30 am
Grades 3 & 4: 9:45-10:45 am
Grades 5 & 6: 11:00 am-12:00 pm

WHERE | Queensbury High School Boys Soccer Fields

GAMES:

WHEN | Grades 1 & 2 (Tuesdays)
Grades 3-6 (Thursdays)

TIME | 5:15-6:30 pm

WHERE | Jenkinville Athletic Fields

ORGANIZATIONAL CLINIC:

On Saturday, September 9, there will be an organizational meeting (all players and volunteer coaches) held at the Queensbury School Athletic Fields. All team assignments & coaches packets will be distributed at this time.

CLINIC TIMES:

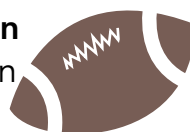
Grades 1 & 2: 8:30-9:30 am
Grades 3 & 4: 9:45-10:45 am
Grades 5 & 6: 11:00 am-12:00 pm

REGISTRATION DEADLINE:
AUGUST 11

SOCCER NOTE: An additional \$15.00 fee will be charged after August 11. First-time registrants must provide a birth certificate to register.

WANNA PLAY FOOTBALL?

Keep an eye out for the **Fall Pigskin Football** program announcement in mid-August! Details to follow!!



SPARTAN SPIKERS

Girls entering grades 3-8 (for the 2017-2018 school year) will participate in this Girls Youth Volleyball program. This program will introduce younger players to volleyball and increase their skill level. They will participate in skill development drills, including serving and passing the ball, along with some competitive play.

FOR | Grades 3-8

WHEN | September 11-October 16 (Mondays)
(No Program 10/9/17)

TIME | Grades 3-5: 4:30-6:00 pm
Grades 6-8: 3:00-4:30 pm

WHERE | Queensbury High School Blue Gym

FEE | Resident \$50; Non-Resident \$60

Fall Programs

PROGRAM SUPERVISORS:

Anthony Aquino,
QHS Girls Varsity Volleyball Coach
Emily Wagner,
QHS Girls JV Volleyball Coach

MAXIMUM REGISTRATION:
30/SESSION

GIRLS SPARTAN HOOPER FALL BALL CAMP

For girls entering Grades 3-6 for the 2017-2018 school year. Girls will participate in skill development drills, FUN contests, small-game play (2v2 & 3v3), and 5v5 games to continue to improve their understanding of the rules and strategies of the game.

FOR | Girls Entering Grades 3-6

WHEN | Grades 3 & 4: October 3-24 (Tuesdays)
Grades 5 & 6: October 5-26 (Thursdays)

TIME | 6:00-7:00 pm

WHERE | Queensbury High School Blue Gym

FEE | Resident \$50; Non-Resident \$60

PROGRAM SUPERVISORS:

Megan Bethel,
Queensbury Girls Varsity
Basketball Coach
Lauren Surber,
Queensbury Girls JV
Basketball Coach

FALL YOUTH GOLF LESSONS

Join us for this fantastic fall activity! This 3-session lesson program will cover golf basics. Whether you are a beginner or a current player that needs a refresher, this course will provide you with the skills that you need to progress.

FOR | Ages 7-17

WHEN | September 9, 16 & 23 (Saturdays)

TIME | 10:00-11:00 am

WHERE | Hiland Golf Club, 195 Haviland Road, Queensbury

FEE | Resident \$65; Non-Resident \$75

PROGRAM SUPERVISOR:

Jim Jeffers,
Golf Pro and Director of Golf,
Hiland Golf Club

CLASS SIZE:
20 MAX

Registration Information

Online: recreation.queensbury.net

In Person: Queensbury Parks & Recreation Department
742 Bay Road, Queensbury NY 12804
8:00 am-4:30 pm, Monday-Friday

The Department reserves the right to either cancel, change, or alter any program schedule based on availability of staff, facility, and/or enrollment.



Queensbury
PARKS & RECREATION

742 Bay Road, Queensbury NY 12804 | (518) 761-8216

recreation.queensbury.net

Youth Sports Programs & Camps

Summer/Fall 2017



Queensbury
PARKS & RECREATION

Online Registration Now Available!
recreation.queensbury.net

TENNIS LESSONS

Summer Programs

The Tennis Lesson Program will be under the direction of Dan Harris, Tennis Instructor. Dan has spent the last sixteen years teaching the game of Tennis to all ages and ability levels. Most recently, Dan has been working in New York City and on Long Island for the tennis giant, Sportime — the home of the John McEnroe Tennis Academy, along with WTT team NY Sportime. Dan played an important role in designing and promoting the USTA 10 and Under tennis programs. He has dedicated endless hours to developing programs for clubs in order to excel US Junior tennis growth. He has taught top college and juniors players, as well as adult USTA teams.

Dan uses a positive and fun approach in all of his classes, where it is important that every student/player has a good experience regardless of their present skill level. He believes in challenging kids of all ages, while helping them set attainable goals. Dan understands the significance of being a positive role model for young kids and wants to pass on his love for the game of tennis, while instilling the importance of exercise at the same time.

Lessons include instruction of basic strokes, scoring, and rules of tennis, with a game-based approach. Thursdays will have FUN match play using United States Tennis Association's Quick Start Tennis format.

All tennis lessons will be held at the Queensbury School Tennis Courts (Aviation Road).

For private lessons or questions, please contact Dan Harris at djhduke@gmail.com or call at (518) 450-3576.

PARENT & ME TENNIS!

FOR | Ages 4-6 years

This program will create connections with your child through tennis. All games are designed to build hand-eye coordination, along with racquet and movement skills. This is a wonderful and fun way to spend quality time with your child!

Call Dan at (518) 450-3576 for times, registration, and fee.

CLASS SIZE:
6 MIN | 24 MAX

BEGINNER LESSONS

Beginner lessons are for the beginning players up to 9 years old (usually ages 6-9 years) who are just starting out. Participants should provide their own racquet.

FOR | Ages 6-9 years

WHEN | Tuesdays-Thursdays

- Session 1: July 11-13
- Session 2: July 18-20
- Session 3: July 25-27
- Session 4: August 1-3
- Session 5: August 8-10
- Session 6: August 15-17
- Session 7: August 22-24
- Session 8: August 29-31

TIME | 2:00-3:00 pm

WHERE | Queensbury School Tennis Courts

FEE | Resident \$42/session;
Non-Resident \$52/session

ADVANCED BEGINNER LESSONS

Advanced Beginner lessons are for the younger players who cannot yet serve and keep score well enough to play matches. Up to age 14. Participants should provide their own racquet.

FOR | Ages 9-14 years

WHEN | Tuesdays-Thursdays

- Session 1: July 11-13
- Session 2: July 18-20
- Session 3: July 25-27
- Session 4: August 1-3
- Session 5: August 8-10
- Session 6: August 15-17
- Session 7: August 22-24
- Session 8: August 29-31

TIME | 3:00-4:15 pm

WHERE | Queensbury School Tennis Courts

FEE | Resident \$52/session;
Non-Resident \$62/session

WANT MORE?

ADDITIONAL TENNIS OPPORTUNITIES

Tennis opportunities are available for ages 16-18 years and for Adult Beginner Evening Tennis Lessons. Please contact Dan for days, times, and registration information at (518) 450-3576.

GIRLS FIELD HOCKEY CAMP

FOR | Grades K-7

WHEN | June 26-29 (Monday-Thursday)

TIME | 6:00-7:30 pm

WHERE | Queensbury School Athletic Field 5W

FEE | Resident \$75; Non-Resident \$85

Required: Sneakers, water bottle, sticks, shin guards, mouth guards, and protective eye gear (cage).

Summer Programs

PROGRAM SUPERVISOR:
Annette Carpenter,
Queensbury High School
Girls Varsity Field Hockey Coach

CAMP SIZE:
10 MIN | 25 MAX

GIRLS BASKETBALL CAMPS

FOR | Grades 3-12

WHEN Grades 3-5: July 10-13 (Monday-Thursday)
Grades 6-7: July 10-13 (Monday-Thursday)
Grades 8-12: July 17-20 (Monday-Thursday)

TIME | Grades 3-5 & Grades 8-12: 8:00-10:00 am
Grades 6-7: 10:30 am-12:30 pm

WHERE | Queensbury High School Blue Gym

FEE | Resident \$85/camp; Non-Resident \$95/camp

PROGRAM SUPERVISORS:
Megan Bethel,
Queensbury Girls Varsity
Basketball Coach

Lauren Surber,
Queensbury Girls JV
Basketball Coach

GIRLS BASKETBALL SHOOTING CLINICS

Focus is on the fundamentals of shooting: form, stance, etc. and practice correct shooting techniques in drills and competitions.

FOR | Grades 6-12

WHEN | Grades 6-7: July 24 & 25 (Monday & Tuesday)
Grades 8-9: July 24 & 25 (Monday & Tuesday)
Grades 10-12: July 26 & 27 (Wednesday & Thursday)

TIME | Grades 6-7 & 10-12: 8:00-10:00 am
Grades 8-9: 10:30 am-12:30 pm

WHERE | Queensbury High School Blue Gym

FEE | Resident \$40/clinic; Non-Resident \$50/clinic

PROGRAM SUPERVISORS:
Megan Bethel,
Queensbury Girls Varsity
Basketball Coach

Lauren Surber,
Queensbury Girls JV
Basketball Coach

CLINIC SIZE:
12 MAX

GIRLS PICK-UP BASKETBALL

Controlled scrimmages and pick-up games for high school girls.

FOR | Grades 8-12

WHEN | July 31-August 3 (Monday-Thursday)

TIME | 9:00-11:00 am

WHERE | Queensbury High School Blue Gym

FEE | Resident \$40; Non-Resident \$50

PROGRAM SUPERVISORS:
Megan Bethel,
Queensbury Girls Varsity
Basketball Coach

Lauren Surber,
Queensbury Girls JV
Basketball Coach

BOYS FOOTBALL CAMP

FOR | Boys Entering Grades 7 & 8

WHEN | August 17 & 18 (Thursday & Friday)

TIME | 8:00-10:00 am

WHERE | Queensbury Middle School,
Athletic Fields 1E and 2E*

FEE | Resident \$50; Non-Resident \$60

*NOTE: Camp will meet in the QMS RFI Gym – Please report there each morning.

PROGRAM SUPERVISORS:
Mike Varney
Rocky Jackson,
Queensbury Middle School
Football Coaches

BOYS OPEN GYM BASKETBALL

The Open Gym is a combination of both fundamental drills and pick-up games.

FOR | Grades 5-12

WHEN | July 17-August 14 (Mondays)

TIME | 6:30-8:00 pm

WHERE | Queensbury High School Blue Gym

FEE | Resident \$40; Non-Resident \$50

PROGRAM SUPERVISOR:
Doug Fraser,
Queensbury Boys Varsity
Basketball Coach

Summer Programs



For more information on the following Rocksport programs, please see the Summer 2017 Program Guide or visit recreation.queensbury.net

HIGH ADVENTURE CAMP – ROCK CLIMBING, HIGH ROPES COURSE, KAYAKING & PADDLE BOARDING – AGES 11-18

WHEN | Session 1: July 10-14 • Session 2: July 17-21 • Session 3: July 24-28

TIME | 12:00-4:00 pm (Mondays-Thursdays); 8:00 am-4:00 pm (Fridays)

WHERE | Various locations

FEE | Resident \$360/session; Non-Resident \$370/session

STRETCH & GROW YOGA CAMP! – AGES 5-8

WHEN | Session 1: July 10-14 • Session 2: July 24-28 (Mondays-Fridays)

TIME | 9:00-11:30 am

FEE | Resident \$110/session; Non-Resident \$120/session

PEBBLECRUSHERS! – AGES 5-8

WHEN | Session 1: June 26-30 • Session 2: July 17-21 • Session 3: July 31-August 4

TIME | Sessions 1 & 3: 9:00-11:30 am (M-Th), 9:00 am-2:00 pm (F)

Session 2: 12:00-4:00 pm (M-F) For Experienced Pebblecrushers

FEE | Sessions 1 & 3: Resident \$235/session; Non-Resident \$245/session
Session 2: Resident \$285; Non-Resident \$295

ROCKCAMP! – AGES 11-18

WHEN | August 7-11 (Monday-Friday)

TIME | 9:00 am-4:00 pm

FEE | Resident \$410; Non-Resident \$420

YOUTH GOLF LESSONS

Beginner and intermediate golf lessons will be offered by Hiland Golf Club. This 4-session program will cover golf fundamentals. Clubs will be provided for those without equipment.

FOR | Ages 7-17

WHEN | Session 1: July 11-20 (Tuesdays & Thursdays)
Session 2: July 25-August 3 (Tuesdays & Thursdays)

TIME | 9:00-10:00 am or 10:30-11:30 am

WHERE | Hiland Golf Club, 195 Haviland Road, Queensbury

FEE | Resident \$75/session; Non-Resident \$85/session

PROGRAM SUPERVISOR:
Jim Jeffers,
Golf Pro and Director of Golf,
Hiland Golf Club

CLASS SIZE:
6 MIN | 20 MAX