

# SUMMER CAMP

REGISTRATION OPEN NOW  
AGES 5-12/ CAMP SHIRT INCL.  
\$184 / WEEK



FULL DAY 8:00 AM - 6:00 PM

BRING LUNCH/ SNACKS

1007 Sunshine Lane Altamonte Springs FL 32714

## SPORTS

### Baseball & Softball

▪ **Hitting** (Bat Speed, Hand Eye Coordination, Hitting with Power) ▪ **Throwing** (Arm Strengthening, Proper Arm Mechanics, Infield/Outfield, Pitching & Catching, Throwing Techniques) ▪ **Fielding** (Footwork, Soft hands, Picks, Glove to Hand Transfers)

**NFL Flag Football** ▪ Catching, Throwing, Formations, Routes and Defensive skills. Both Boys and Girls can participate, have fun and Scrimmages

- **Basketball** Offensive Fundamentals, Ball Handling, Footwork, Rebounding, Defensive Drills
- **Soccer** Passing, Shooting, Dribbling, Beginners welcome
- **Golf** putting, correct swinging mechanics, simulator, etc
- **Dance** Learn fun choreographed dances seen on popular social media platforms, basic

Specialty Coaches will provide skills training in the specific sport



Multi-Sport training helps  
Develop a well-rounded athlete

FIELD TRIPS  
ARE EXTRA

AFTER LUNCH  
EACH WEEK THERE  
ARE DIFFERENT ACTIVITIES

### Week 1

Jun 1-5 : 'Earth Day' Week

### Week 2

Jun 8- Jun 12: Glo-In-The-Dark week:  
Glo-sticks, glo dodgeballs, laser tag-  
NERF WARS

### Week 3

Jun 15- Jun 19: Maze & Planet week  
PLANET OBSTACLE FIELD TRIP

### Week 4

Jun 22- Jun 26: Rolling Days +  
BOWLING FIELD TRIP

### Week 5

Jun 29- Jul 3: Water Week, WATER  
SLIDES, Water Balloons

### Week 6

Jul 6- Jul 10: Game Show Week:  
Amazing Race, Jeopardy, Family  
Feud

### Week 7

Jul 13- Jul 17: Technology Week Gaming,  
Computer Fun, Interactive

### Week 8

Jul 20- Jul 24: FUN SPOT FIELD TRIP + building  
mini roller coasters, cars, ramps & more

### Week 9

Jul 27- Jul 31 Marvel Week, costume  
party, Avenger games & more

### Week 10

Aug 3- Aug 7 Ice Cream and Smoothie  
Week, Ben & Jerrys visit, Jeremi-  
ah's visit and Planet Smoothie

There will  
Be field trips  
Ea. month...Prior  
Parent permission  
will be obtained,  
add'l cost

Please register @ [www.SportsplexFL.com](http://www.SportsplexFL.com)  
OR call 407.773-2328

2026