



## Travers Island 2015 Junior Programs

### Saturday Morning Program (ages 7-16)

The Travers Island SMP runs during the summer months. Children experience the fun of athletics while learning teamwork and social skills. They receive basic through advanced instruction in various sports under the direction of top-class coaches and athletes. Sports at TI include team handball, track and field, lacrosse, soccer, swimming and more.

For more information contact: Wendy Wang, (212) 767-7094, [WendyW@nyac.org](mailto:WendyW@nyac.org)

### Winged Foot Day Camp (ages 5-14)

Children receive instruction in a variety of sports and arts and crafts, gaining a full camp experience. Campers also take part in off-campus field trips to sporting events, amusement parks and more. For children over the age of nine, elective activities are offered during portions of camp for an additional fee. Electives can include gymnastics, golf, tennis and sailing.

**Dates:** June 29th - August 21st

**Times:** 9:30am - 3:15pm

	With Transportation		Without Transportation	
	Member	Guest	Member	Guest
1 Week	\$1,344	\$1,550	\$1,262	\$1,499
2 Weeks	\$2,421	\$2,838	\$2,261	\$2,735
3 Weeks	\$3,152	\$3,785	\$2,920	\$3,626
4 Weeks	\$3,785	\$4,522	\$3,471	\$4,311
5 Weeks	\$4,311	\$5,150	\$3,914	\$4,887
6 Weeks	\$4,728	\$5,675	\$4,259	\$5,361
7 Weeks	\$5,150	\$6,201	\$4,599	\$5,835
8 Weeks	\$5,464	\$6,623	\$4,834	\$6,201

For more information contact Laura Finn, [LauraF@nyac.org](mailto:LauraF@nyac.org)

### Junior Sailing (ages 8-17)

From beginners to racing, this program offers fundamental skills, sailing maneuvers and the water safety instruction that can lead to a lifetime of water enjoyment. Professional, certified instructors use a combination of classroom training and on-water instruction.

**Dates:**

- Session 1: June 29th - July 10th
- Session 2: July 13th - July 24th
- Session 3: July 27th - August 7th
- Session 4: August 10th - August 21st

**Time:** 10:30am - 4:30pm (Please arrive no later than 9:30am)

**Pricing:**

- 2 Weeks - Beginner/Intermediate: \$2,200
- 4 Weeks - Beginner/Intermediate: \$3,625
- 6 Weeks - Beginner/Intermediate: \$4,200
- 8 Weeks - Beginner/Intermediate: \$4,800
- 2 Weeks - Racing: \$2,400
- 4 Weeks - Racing: \$3,825
- 6 Weeks - Racing: \$4,400
- 8 Weeks - Racing: \$5,000

For more information, contact Alex Helfand at [alex.helfan@db.com](mailto:alex.helfan@db.com)

### Elite Lacrosse Camp (Ages 6-13)

Hosted by Chanenchuk Lacrosse

The NYAC will partner with the leading Long Island lacrosse camp Chanenchuk Lacrosse. Top MLL players will bring high level instruction to kids at Travers Island, including ball handling skills, footwork, and game strategy.

**Dates:** July 13th - 17th

**Times:** 9am - 1pm

**Pricing:** \$500 for members; \$550 for guests.

For more information contact Laura Finn, [LauraF@nyac.org](mailto:LauraF@nyac.org)

### Sea Pups (Ages 5-8)

**10am - 1:30pm**

The Sea Pups sailing program is a half day program specifically for new sailors ages 5 through 8 years old, who are new to sailing and want to get a feel for being on the water. The program will offer personal attention in small groups of up to six sailors. The kids will be given the opportunity to try several boats, but will primarily be sailing Optimist Prams. This is an excellent opportunity for those who will not have reached age 8, by the end of the summer to get started in sailing.

**Session 1**

June 29th - July 10th  
 Session 1 - 1 Week: \$550  
 Session 1 - 2 Weeks: \$1,100

**Session 2**

August 10th - August 21st  
 Session 2-1 Week \$550  
 Session 2-2 Weeks \$1,100

For more information, contact Alex Helfand at [alex.helfan@db.com](mailto:alex.helfan@db.com)

### Learn to Row (Ages 14 - 17)

The NYAC learn-to-row program will provide professional coaching instructions from our current NYAC elite coaches and athletes. Children will learn the basics of the rowing stroke, safety, equipment handling and more.

**Dates:**

June 29th - July 2nd

July 6th - 9th

**Time:**

Girls: 8am - 9:30am

Boys: 10am - 11:30am

**Pricing:**

\$300 per child

For more information contact Laura Finn, [LauraF@nyac.org](mailto:LauraF@nyac.org)

### Elite Junior Soccer Camp (ages 6-11)

The NYAC soccer program teaches such skills as ball control, passing and dribbling. Using fun drills and field activities, each child will learn from and enjoy their experience.

**Dates:** August 3rd - 7th

**Time:** 9am - 1pm

**Pricing:**

\$500 for members

\$550 for guests

For more information contact Laura Finn, [LauraF@nyac.org](mailto:LauraF@nyac.org)

### Speed and Conditioning Clinic (Ages 13 and up)

Be ahead of the game as you prepare for the upcoming fall sports season. Participants will focus on speed drills, reaction time, agility, persistence and strength training. Train hard twice a week for six weeks or once a week for eight weeks with the NYAC's top trainers. Go into your school sport feeling prepared, positive and ready for success.

**Session 1:** April 13th - May 20<sup>th</sup>

**Session 2:** June 9th - July 28th

**Time:** 3:30pm - 4:30pm      **Price:** \$360 per child

For more information, contact Laura Finn, [LauraF@nyac.org](mailto:LauraF@nyac.org)

### Water Polo (ages 9-17)

The water polo program is coached by members of the NYAC's adult water polo team. Beginners with basic swimming ability are encouraged to come and play. Children learn the rules of the game and develop their skills. Games are played against other area teams in Westchester and Connecticut.

**Dates:** May 27th - July 25th

**Times:** Wednesday, 5:30pm - 7pm; Saturdays, 8:30am - 10am

**Pricing:** \$100 per child

For more information contact: Kevin Carolan, [KevinC@nyac.org](mailto:KevinC@nyac.org)

### Junior Tennis Academy (ages 5-16)

Our professional staff uses contemporary instructional methods to teach participants the correct techniques, game fundamentals and tennis strategies. Individual and group instruction allows children to develop their game at an appropriate pace. All skill levels are welcome.

**Dates:** June 29th - September 4th

**Times:** 11:30am - 3pm

**Pricing:** Full Day: \$75

1 Week: \$350	6 Weeks: \$1,775
2 Weeks: \$650	7 Weeks: \$2,095
3 Weeks: \$950	8 Weeks: \$2,350
4 Weeks: \$1,175	9 Weeks: \$2,600
5 Weeks: \$1,475	10 Weeks: 2,800

For more information contact: Michael Many, (914) 740-1112, [MichaelM@nyac.org](mailto:MichaelM@nyac.org)

### Pre-team swimming (ages 6-8)

Children who are learning to swim and who can be in the water without flotation devices are eligible. They will learn proper balance and stroke technique from leading area coaches.

**Dates:** June 29th - July 19th

**Time:** 12pm - 1pm

**Pricing:** \$200 per child

For more information contact: Kevin Carolan, [KevinC@nyac.org](mailto:KevinC@nyac.org)

### Swimming and Diving team (ages 7-17)

The program is designed to challenge swimmers and divers in a dynamic and skill-focused manner. The team is a part of the Westchester County Swim Conference and competes in five dual meets, the NYAC Invitational, and county and conference championships.

**Dates:** 6/22; 6/24; 6/26

**Times:** Swim Team: 8am - 10am

Dive Team: 10am - 12:30pm

**Pricing:** \$250 per child. For families with multiple children on the team, the price for each additional child is \$200. For children attending both swim and dive, \$50 is added to the camp fee.

For more information contact: Kevin Carolan, [KevinC@nyac.org](mailto:KevinC@nyac.org)