



2024 Sports and Activities

Sport	Grades Offered (grade as of September 2024)					
	Kindergarten	1 st Grade	2 nd Grade	3 rd Grade	4 th Grade	5 th Grade
Soccer	Available	Available	Available	Available	Available	Available
Hip Hop Dance	Available	Available	Available	Available	Available	Available
Pickleball	Available	Available	Available	Available	Available	Available
* NinjaFit Jr.	Available	Available	Available	Not Available	Not Available	Not Available
Baseball	Available	Available	Available	Not Available	Not Available	Not Available
Volleyball	Not Available	Not Available	Available	Available	Not Available	Not Available
Football	Not Available	Not Available	Available	Available	Not Available	Not Available
Basketball	Not Available	Not Available	Not Available	Available	Available	Available
* NinjaFit	Not Available	Not Available	Not Available	Not Available	Available	Available
* Robot Olympics	Not Available	Not Available	Not Available	Not Available	Available	Available

* Registration for these sports will be done by lottery this year. Read the instructions on the registration page for details on the process.

Sport/Activity Descriptions

Note that all sports are co-ed and welcome to all kids regardless of experience!

Soccer: All Ages

Kids are divided up into different fields by age, where they learn a variety of soccer skills, strategy, and teamwork through games and drills and work towards semi-competitive games by the end of the week. No special equipment or prior soccer experience is required.

Hip Hop Dance: All Ages

Kids will explore the fun of dance through indoor games, music, and more. In small groups divided by age, kids have a chance to make up their own moves and learn choreographed routines using “Kidz-Bop” style music, ending with a performance for parents at the end of the week.

Pickleball: All Ages

Kids are divided up into different courts by age, where they will learn the rules, skills, and fundamentals of this popular sport. Using age-appropriate equipment and with the instruction of local Pickleball players, kids will learn through drills and games, moving towards actual 2v2 matches at the end of the week. No equipment or experience is required.

NinjaFit Jr: Kids entering Kindergarten-2nd Grade

With the help of Flipping Frogs (flippingfrogspa.com), a new gymnastics program in the area, kids will learn fundamental gymnastics skills, fitness, agility, and more. Using a variety of mats and other apparatus and under expert supervision, kids will have fun exploring fitness in a safe, indoor environment. Due to popular demand, kids will not be allowed to sign up for NinjaFit Jr. in multiple years and registration will be done through a lottery. See the camp webpage for details.

Baseball: Kids entering Kindergarten-2nd Grade

Kids learn the basics of pitching, catching, batting, and base running through beginner-friendly games and drills. Kids use batting tees and age-appropriate baseballs to provide a safe and fun experience for everyone. No equipment is required, though kids can bring their own glove if they have one.

Volleyball: Kids entering 2nd and 3rd Grade

Kids will learn volleyball basics like serving, volleying, and more under the instruction and supervision of experienced coaches. Through a variety of games and drills using outdoor nets, kids will gain skills and confidence in volleyball and work towards semi-competitive matches at the end of the week.

Flag Football: Kids entering 2nd and 3rd Grade

Kids learn football fundamentals and teamwork in a safe, beginner-friendly environment. Through demonstrations, drills, and games, kids practice throwing, catching, kicking, and offensive and defensive strategies, working towards semi-competitive games at the end of the week. No equipment or experience is required. Thanks to Centre Region Parks and Recreation for loaning us flags and other supplies.

Basketball: Kids entering 3rd-5th Grade

Kids learn basketball skills and strategies through demonstration, drills, and games. Divided onto different courts by age (and gender, if enough girls sign up), kids learn dribbling, shooting, passing, defense, and more, working towards semi-competitive games at the end of the week. No equipment or experience is required.

NinjaFit: Kids entering 4th and 5th Grade

In NinjaFit, kids enjoy a variety of fitness and exercise activities together, including games, challenges, and a variety of Ninja Warrior style obstacles. Their week culminates with the final obstacle course on Friday, with every child encouraged to do his or her best through the course. Due to popular demand, kids will not be allowed to sign up for NinjaFit in multiple years and registration will be done through a lottery. See the camp webpage for details.

Robot Olympics: Kids entering 4th and 5th Grade

With the help of student coaches and alumni from Centre County 4-H Robotics (cc4hrobotics.org), kids will learn the basics of robotics by building and driving LEGO Mindstorms robots to compete in a variety of sports-themed challenges such as soccer, fencing, and more. No prior experience is required, and all supplies will be provided. Due to popular demand, kids will not be allowed to sign up for Robot Olympics in multiple years and registration will be done through a lottery. See the camp webpage for details.