



Lynnwood Edmonds Mountlake Terrace

is proud to present

Skyhawks Sports Academy Sport Programs for Kids!

Teaching Life Skills Through Sports





Lynnwood Edmonds Mountlake Terrace

(course) (dates) (days) (time) (ages) (fee) (location)

BASEBALL

| | | | | | | |
|-------|-------------|-----|-----------------------|------|--------|---|
| 27503 | 7/07 - 7/11 | M-F | 9:00 a.m. – 3:00 p.m. | 6-12 | \$149* | Evergreen Playfield Complex Ball Field #3 |
| 18259 | 7/21 - 7/25 | M-F | 9:00 a.m. – 3:00 p.m. | 6-12 | \$149 | Civic Center Field |
| 51325 | 8/04 - 8/08 | M-F | 9:00 a.m. – 3:00 p.m. | 6-12 | \$149 | Meadowdale Playfields M-5 |

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.

*\$13 non-resident fee will be added if not a resident of Mountlake Terrace Recreation & Parks

BASKETBALL

| | | | | | | |
|-------|-------------|-----|-----------------------|------|--------|-------------------------------|
| 51322 | 7/28 - 8/01 | M-F | 9:00 a.m. – 3:00 p.m. | 6-12 | \$149 | Cedar Valley Community School |
| 27504 | 8/11 - 8/15 | M-F | 1:00 p.m. – 4:00 p.m. | 6-12 | \$129* | Terrace Park School |
| 51323 | 8/11 - 8/15 | M-F | 9:00 a.m. – 3:00 p.m. | 6-12 | \$149 | Cedar Valley Community School |

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.

*\$11 non-resident fee will be added if not a resident of Mountlake Terrace Recreation & Parks

BEGINNING GOLF

| | | | | | | |
|-------|-------------|-----|------------------------|------|--------|---|
| 27505 | 7/21 - 7/25 | M-F | 9:00 a.m. – 12:00 p.m. | 5-11 | \$129* | Evergreen Playfield Complex Ball Field #5 |
|-------|-------------|-----|------------------------|------|--------|---|

Boys and girls will learn the fundamentals of swinging, putting and body positioning. Using the SNAG® (Starting New AtGolf) system, we have simplified instruction so that young players can make an effective transition onto the golf course. All equipment provided.

*\$11 non-resident fee will be added if not a resident of Mountlake Terrace Recreation & Parks

CHEERLEADING

| | | | | | | |
|-------|-------------|-----|------------------------|------|-------|---------------------------|
| 51320 | 7/14 - 7/18 | M-F | 9:00 a.m. – 12:00 p.m. | 5-10 | \$129 | Meadowdale Playfields M-5 |
|-------|-------------|-----|------------------------|------|-------|---------------------------|

Skyhawks Cheerleading teaches girls the essential skills to lead crowds and support the home team! Each cheerleader learns proper hand & body movements and jumping techniques. The week concludes with a choreographed performance.

FLAG FOOTBALL

| | | | | | | |
|-------|-------------|-----|-----------------------|------|--------|---|
| 18260 | 8/04 - 8/08 | M-F | 9:00 a.m. – 3:00 p.m. | 6-12 | \$149 | Frances Anderson Center |
| 27802 | 8/18 - 8/22 | M-F | 9:00 a.m. – 3:00 p.m. | 6-12 | \$149* | Evergreen Playfield Complex Ball Field #4 |

Boys and girls learn skills on both sides of the football including the core components of passing, catching and defense - all in a fun and positive environment.

*\$13 non-resident fee will be added if not a resident of Mountlake Terrace Recreation & Parks

LACROSSE**

| | | | | | | |
|-------|-------------|-----|------------------------|------|--------|---|
| 27507 | 7/14 - 7/18 | M-F | 9:00 a.m. – 12:00 p.m. | 7-14 | \$129* | Evergreen Playfield Complex Ball Field #3 |
|-------|-------------|-----|------------------------|------|--------|---|

Lacrosse combines basic skills used in soccer, basketball and hockey into one fast-paced game. Boys and girls will learn the fundamentals of stick handling, cradling, passing and shooting in a fun, non-checking environment.

**Lacrosse kits available for rent (helmet, gloves and stick). www.skyhawks.com

*\$11 non-resident fee will be added if not a resident of Mountlake Terrace Recreation & Parks

Space is Limited – Register Now!

(course) (dates) (days) (time) (ages) (fee) (location)

MINI-HAWK® (SOCCER, BASEBALL & BASKETBALL)

| | | | | | | |
|-------|--------------|----------|------------------------|-----|--------|---|
| 18261 | 6/23 - 6/27 | M-F | 9:00 a.m. – 12:00 p.m. | 4-7 | \$129 | Frances Anderson Center |
| 51311 | 6/30 - 7/03† | M,T,W,Th | 9:00 a.m. – 12:00 p.m. | 4-7 | \$109 | Meadowdale Playfields M-4 |
| 27508 | 7/07 - 7/11 | M-F | 9:00 a.m. – 12:00 p.m. | 4-7 | \$129* | Evergreen Playfield Complex Ball Field #4 |
| 51312 | 7/21 - 7/25 | M-F | 9:00 a.m. – 12:00 p.m. | 4-7 | \$129 | Meadowdale Playfields M-5 |
| 18262 | 8/04 - 8/08 | M-F | 9:00 a.m. – 12:00 p.m. | 4-7 | \$129 | Frances Anderson Center |
| 27509 | 8/11 - 8/15 | M-F | 9:00 a.m. – 12:00 p.m. | 4-7 | \$129* | Evergreen Playfield Complex Ball Field #3 |
| 51313 | 8/18 - 8/22 | M-F | 9:00 a.m. – 12:00 p.m. | 4-7 | \$129 | Meadowdale Playfields M-4 |

Skyhawks multi-sport programs are tailored to your child's age and skill level while teaching life lessons such as respect and teamwork. Mini-Hawk® programs give children age 4-7 years a fun and positive first step into athletics.

†No camp 7/04/2014. Independence Day Holiday!

*\$11 non-resident fee will be added if not a resident of Mountlake Terrace Recreation & Parks

MULTI-SPORT (SOCCER, BASEBALL & FLAG FOOTBALL)

| | | | | | | |
|-------|-------------|-----|-----------------------|------|--------|---|
| 18258 | 6/23 - 6/27 | M-F | 9:00 a.m. – 3:00 p.m. | 7-12 | \$149 | Frances Anderson Center |
| 51321 | 7/21 - 7/25 | M-F | 9:00 a.m. – 3:00 p.m. | 6-12 | \$149 | Meadowdale Playfields M-5 |
| 27510 | 7/21 - 7/25 | M-F | 9:00 a.m. – 3:00 p.m. | 6-12 | \$149* | Evergreen Playfield Complex Ball Field #4 |

Skyhawks multi-sport programs are tailored to your child's age and skill level while teaching life lessons such as respect and teamwork. Children age 7-12 years will learn the rules and essential skills of each sport.

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SOCCER

| | | | | | | |
|-------|--------------|----------|-----------------------|------|-------|---------------------------|
| 51314 | 6/30 - 7/03† | M,T,W,Th | 9:00 a.m. – 3:00 p.m. | 6-12 | \$125 | Meadowdale Playfields M-5 |
| 51315 | 7/14 - 7/18 | M-F | 9:00 a.m. – 3:00 p.m. | 6-12 | \$149 | Meadowdale Playfields M-4 |
| 51316 | 8/18 - 8/22 | M-F | 9:00 a.m. – 3:00 p.m. | 6-12 | \$149 | Meadowdale Playfields M-5 |

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.

†No camp 7/04/2014. Independence Day Holiday!

TINY-HAWK™ BASEBALL

| | | | | | | |
|-------|--------------|--------|-----------------------|-----|-------|--------------|
| 18264 | 7/22 - 7/24† | T,W,Th | 5:30 p.m. – 6:00 p.m. | 3-4 | \$ 39 | Hickman Park |
| 18265 | 7/22 - 7/24† | T,W,Th | 6:15 p.m. – 7:00 p.m. | 4-5 | \$ 45 | Hickman Park |

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.

†3 day camp. No camp on Monday or Friday.

VOLLEYBALL

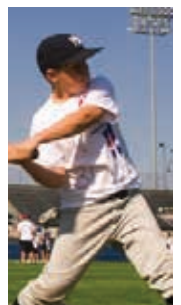
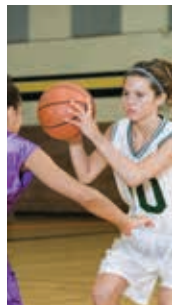
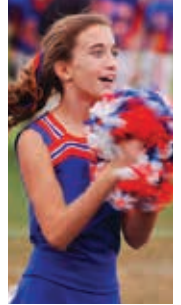
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|-------|---------------|-----|------------------------|------|-------|-------------------------------|
| 18263 | 7/07 - 7/11** | M-F | 9:00 a.m. – 12:00 p.m. | 7-14 | \$129 | Frances Anderson Center |
| 51326 | 8/04 - 8/08 | M-F | 9:00 a.m. – 12:00 p.m. | 7-14 | \$129 | Cedar Valley Community School |

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.

**Camp will be held outside.

"This is our 2nd year and we would definitely do this program again and recommend it to friends!! It was once again a great experience!!!"

~ Amy F.





“This was an EXCELLENT experience for my son. The coaches were serious but fun and encouraging. I think it has set my son up for the LOVE of a sport for a lifetime. Thank you!”

~ Joyce F.

“I was very impressed! My boys tire easily of the same activity – they were never bored with this camp. They loved it. The coaches gave great feedback – made me feel my kids were looked after and not just one of the many. We’re hooked on Skyhawks!”

~ Elizabeth H.

DISCLAIMER: [Edmonds School District] *The Edmonds School District does not sponsor or endorse the activity and/or information contained in this material.*

For more than 35 years, Skyhawks Sports Academy has helped young athletes improve their sports skills while making memories to last a lifetime. Through the wide variety of safe, fun and skill-focused activities offered each year, tens of thousands of children experience the joys and benefits of athletics in an engaging, progressional learning environment. Most importantly, Skyhawks incorporates the vision: teaching life skills through sports.

Space is Limited – Register Now! www.skyhawks.com | 1.800.804.3509

FOR MORE INFORMATION CONTACT:



SKYHAWKS SPORTS ACADEMY

web: www.skyhawks.com
phone: 800.804.3509



CITY OF EDMONDS

web: www.reczone.org
phone: 425.771.0230



LYNNWOOD PARKS & RECREATION

web: register.playlynnwood.com
phone: 425.670.5732



MOUNTLAKE TERRACE RECREATION & PARKS

web: www.mltrec.com
phone: 425.776.9173