



YOUTH SPORTS SKILL-BASED PROGRAMS

Skyhawks Sports Academy provides sports programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.

These classes are for Parnassus students only

FLOOR HOCKEY CAMP

During this fast paced camp, participants will learn about stick handling, passing and shooting as well as team drills. Offense and defensive fundamentals will be taught, along with scrimmage related activities each day. Participants will also develop endurance, coordination and speed. Skyhawks will provide all equipment including sticks and goggles.

(course)	(dates)	(days)	(time)	(grades)	(fee)	(location)
SSA114656	1/21 - 2/11	Tuesdays	3:45 p.m. - 4:45 p.m.	P-1L	\$55	Parnassus Preparatory School

SPEED, AGILITY, & QUICKNESS CAMP

Improve your current overall athletic performance. Participate in drills and exercises that are designed to improve quickness, strength, speed, body control and agility.

(course)	(dates)	(days)	(time)	(grades)	(fee)	(location)
SSA114657	2/25 - 3/17	Tuesdays	3:45 p.m. - 4:45 p.m.	P-1L	\$55	Parnassus Preparatory School

GAME CAMP (CAPTURE THE FLAG, KICKBALL, & ULTIMATE FRISBEE)

You know these games from playgrounds, backyards, and family get-togethers. Take all of the traditional aspects of these games and put a Skyhawks spin on it. Learn strategy in addition to rules of the game, while incorporating sportsmanship and teamwork into this action packed camp. Bring your friends or come and make new ones in this unique and fast paced program.

(course)	(dates)	(days)	(time)	(grades)	(fee)	(location)
SSA117608	3/24 - 4/21*	Tuesdays	3:45 p.m. - 4:45 p.m.	P-1L	\$55	Parnassus Preparatory School

*no class April 7th

GOLF CAMP

Grasp the club and the fundamentals of form, chipping, putting, driving and proper alignment. Skyhawks has adopted the SNAG (Starting New At Golf) system. SNAG is specifically designed for the entry-level player. SNAG simplifies instruction so that young players can make an easy and effective transition onto the golf course. All equipment is provided.

(course)	(dates)	(days)	(time)	(grades)	(fee)	(location)
SSA114655	4/28 - 5/19	Tuesdays	3:45 p.m. - 4:45 p.m.	P-1L	\$55	Parnassus Preparatory School

TRACK AND FIELD CAMP

Skyhawks Track & Field combines technical development, fundamental techniques, and safety with a major focus on fun! Using special equipment, our staff teach the standard track & field events; long distance, sprints, relays, shot put, discus, and standing long-jump. Exercises and drills prepare athletes for a future in cross-country, track & field events, and distance running while inspiring a love for running and being active.

(course)	(dates)	(days)	(time)	(grades)	(fee)	(location)
SSA114673	4/30 - 5/21	Thursdays	3:45 p.m. - 4:45 p.m.	P-1L	\$55	Parnassus Preparatory School

A \$5 processing fee is included in the price of the program.



**SPACE IS LIMITED!
REGISTER TODAY**

ONLINE:
www.skyhawks.com/minnesota
www.parnassusprep.com

PHONE:
651.998.0418 or 800.804.3509
763-496-1416 ext. 290