TOWN OF MANLIUS RECREATION

2025 ADDITIONAL SUMMER PROGRAMS

Since releasing the Spring/Summer Brochure the following Programs have been added!

F-M Boys and Girls Golf Clinic

Green Lakes Golf Course

Mondays & Tuesdays, June 30th - July 15th
6:00 - 7:00 PM

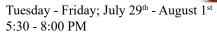
Mike DeBlois F-M Boys Varsity Golf Coach will direct this clinic. We will work on the fundamentals of golf including grip, set up, and swing. We will work on short game including chipping and putting. We will also have fun contests.

Please bring your own clubs, but we will have clubs to use at no charge if needed.

FEE: \$125.00 per golfer Max 40 participants

F-M FOOTBALL CAMP

F-M Turf Field



For all students entering grades 7th - 12th. Participants will receive personalized coaching to enhance their abilities in key areas such as passing, catching, blocking, tackling, and more. Position-specific training will help you excel in your role on the field. Each camper will learn fundamentals and techniques of their chosen position group along with instruction of offensive and defensive schemes to be used in the fall. Special emphasis will be placed on improving campers' skills, knowledge, and confidence in a supportive and encouraging environment. Campers will be instructed by FM football staff at all levels under the direction of Jim Fiacco, F-M Head Varsity Football Coach. Special emphasis will be placed on physical activity while learning the basics of football in a non-contact setting; bags and shields may be used. Each camper will receive a camp t-shirt. Participants must bring workout clothing, cleats and a water bottle to camp each day. **FEE:** \$75.00 per participant prior to July 1st \$85.00 after 7/1 (fee includes camp t-shirt)

F-M FOOTBALL PLAYER DEVELOPMENT PROGRAM

Join us Monday, Wednesday, and Thursday evenings over the summer for the F-M Football Player Development Program designed to provide personalized attention to address individual strengths and areas for improvement, build strength, and enhance your performance on the field.

Open to all players entering grades 7–12, our comprehensive program focuses on strength building, conditioning, and player development, ensuring you're in peak form for the upcoming season. Features include: 1. Strength Training: Tailored workouts targeting muscle groups crucial for football success, emphasizing power, agility, and endurance.

2. Conditioning Workouts: High-intensity cardio sessions to enhance stamina, speed, and agility preparing you to outlast opponents.

3. Skill Development: Position-specific

drills led by the football staff to improve ability, refine technique, and increase schematic understanding and football IQ. 4. Injury Prevention and Recovery Strategies: Techniques to promote muscle recovery and target football-specific muscl

recovery and target football-specific muscle groups and stress areas to strengthen and prevent injury.

FEE: \$140.00 per participant Schedule:

Mondays: July 7, 14, 21, 28, August 4 & 11 Strength Training Only: 4:00 – 5:15 PM F-M High School Weight Room Wednesdays: July 9, 16, 23, August 6 & 13 Strength Training and Practice: 3:30 – 6 PM F-M High School Weight Room & Hornet Stadium

Thursdays: July 10, 17, 24, August 7 & 14 Strength Training and Practice: 3:30 – 6 PM F-M High School Weight Room and Hornet Stadium. Check RecDesk for equipement.

F-M GIRLS BASKETBALL CAMPS

Tipp Hill Community Center (Old Hamilton Street Boys & Girls Club) 201 Hamilton Street, Syracuse, NY 13204 12:30 - 3:30 PM

Session I: Monday -Thursday; July 7th - 10th Session II:Monday-Thursday; July 28th -31st Girls entering grades 3rd - 8th in fall of 2025 Join F-M Varsity Basketball Coach Anthony Bielak and experienced staff for 4 days of skills and drills, plus games, contests, guest speakers and FUN!

FEE: \$150.00 per participant Please contact coach Anthony Bielak with any questions at bielakfm1@gmail.com

F-M GIRLS HORNET VOLLEYBALL CAMPS

Eagle Hill Middle School Gym
Monday – Thursday, June 23^{rd} – 26^{th} Session I - 4:00 - 6:00 PM for students
currently in 6^{th} or 7^{th} grade, planning on trying out for modified team next school year.
Session II - 6:00 - 8:15 PM for students
currently in 7^{th} - 9^{th} grade, planning on
trying out for a JV team next school year.
Camp will focus on improving
individual fundamental volleyball skills and
will incorporate team strategies for offense
and defense through daily game play. Camp
led by F-M JV girls coach Kory McMahon.
Space is limited, please register early.
FEE: \$100.00 per athlete, t-shirt included.

SUMMER LITERACY CAMPS

Immaculate Conception Elementary School 400 Salt Springs Street, Fayetteville Monday - Friday; 9:00 - 11:00 AM Week 1 - July 7th - Ocean Theme Week 2 - July 14th - Fairy Tales, Folk Tales, Tall Tales Theme

Week 3 - July 21st - Carnival Theme
For students entering Grades 1st - 3rd in Fall
*Campers are immersed in fun, engaging
literacy activities to help prevent
summer slide! *"Science of Reading"
based approach for activities & lessons
*Instructors are all practicing literacy
specialists & elementary teachers with
decades of experience *10:1 student to
teacher ratio

FEE: \$200.00 per week Questions? E-mail brightmindslearning315@gmail.com

SUMMER KIDS BOOK CLUB

Minoa Elementary School

Session I - August 11th and 14th Session II - August 18th and 21st 1st Grade - 8-9 AM; 2nd Grade - 9-10 AM; 3rd Grade - 10-11 AM

Led by Julie Aloi and Lauren Orlandella. Calling all young adventurers, curious minds, and readers! Join us for an exciting reading journey where we will dive into engaging book discussions and create fun book projects. Get ready to share your thoughts, ideas and creativity with friends. Let's turn the pages together and make reading even more fun!

FEE: \$80.00 per session





Go to https://manliustown.recdesk.com to see the full brochure and register for all Town of Manlius programs.