

NEWS RELEASE



For Immediate Release

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SPORTS CAMPS OFFERED AT THE CASPER RECREATION CENTER

The Recreation Center is the place to be this summer to learn or improve skills in Volleyball, Basketball and Cheerleading. The five week Camps are offered for ages 9-12 this summer beginning June 14 or later. Strider Camp is offered for 3-5 year olds.

Volleyball Camp will be held on Thursdays from 6:30-7:40 pm beginning June 16 or on Tuesdays beginning July 14. Girls and boys will learn or improve basic skills including passing, setting, serving, and hitting.

Basketball Camp starts July 21 on Thursdays from 6:30-7:40 pm. Girls or boys will learn dribbling, passing, shooting, and defense to get ready for their school program.

Cheerleading Camp will teach teamwork and cooperation while working on cheerleading skills such as chants, jumps and even a little tumbling. Stunts and movement exercises help with coordination and balance. Camp begins Tuesday, June 14 from 6:30-7:30 pm.

Strider Camp gets 3-5 year olds ready for riding a bicycle by teaching balance, leaning, and steering while propelling the bike in a natural way. The Strider bikes with no pedals to get in the way are provided, helmets are required. This camp begins July 28 on Thursdays from 4:30-5:15 pm.

Don't delay--class sizes are limited, so register today! For further information, or to register for any of our upcoming classes, please call the Casper Recreation Center at 235-8383. Information is also available at www.activecasper.com or stop by 1801 E 4th Street.



City of Casper Leisure Services Department