

HOCKEY/SKATING

Outdoor Roller Hockey Camps

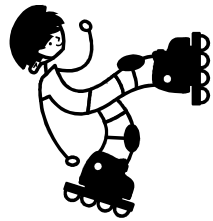
Dribble, pass, shoot and score! Learn the fastest growing sport in America. Learn stance, balance, stick & ball handling, passing, shooting, drills, game format, positional play, rules and more. Classes will be held at Indoor Goals (M-W) and THPRD Outdoors Roller Hockey Rink on SW 158th in Beaverton (Th,F). Classes will be taught by Indoor Goals' Roller Hockey Travel Team Coaches. Equipment is available to rent for \$10. Please reserve equipment early!

9am - 12 noon **Mon-Fri** **\$90**
Session 1: June 21-25
Session 2: July 26-30

Outdoor Inline Skating Camps

Learn fast, be safe, have fun learning to skate with Indoor Goals skating school. Safe, effective instruction in stance, balance, skating stride, how to stop, how to turn, how to avoid falling down, how to control momentum, and how to skate backwards. As the week progresses, learn cross-over turns, and forward to backward transition. By the end of the week you'll be skating like a pro! Classes will be held at Indoor Goals (M-W) and THPRD Outdoors Roller Hockey Rink on SW 158th in Beaverton (Th,F). Equipment is available to rent for \$10. Please reserve equipment early!

1:00pm - 3:00pm **Mon-Fri** **\$80**
Session 1: June 21-25
Session 2: July 26-30



SOCCER

Soccer Camps

Come to the only Indoor, Outdoor, and Futsal soccer camp in the Northwest! You will learn trapping, passing, shooting and defense in all three styles! The professional instructors at Indoor Goals will help improve your game, no matter what your skill level!

Ages 5-8: 9am-12pm **Mon-Thur** **\$90**
Ages 7-12: 1pm-4pm **Mon-Thur** **\$90**
Session 1: June 28 - July 1
Session 2: July 12-15

2 Day Soccer Camps 3-5 yr. old

Your preschooler will have a ton of fun running around and learning the basics of soccer. Age appropriate skills will be developed during this 2 day camp. Shin guards recommended.

9am - 11am **Wed-Thu** **\$50**
Session 1: July 7-8
Session 2: Aug 4-5

Required Equipment for Camps

Equipment is available for rent. Please reserve your equipment early, as it is available on a first come/first serve basis.

Inline Skating:

Inline Skates, helmet (bike helmet OK),

Knee pads, elbow pads strongly recommended

Hockey Camps:

Inline Skates, helmet with cage, knee pads, elbow pads, hockey stick, hockey gloves

Soccer Camps:

Shin guards, socks to cover shin guards, NO cleats



Ultimate Frisbee

Youth Ultimate Camp:

Who: Youth ages 10 to 18

What: A four day camp that will teach the sport of Ultimate to new players and increase and test the limits of players who have played before. The camp will have two sessions each of the four days:

- A morning session that will focus on introducing the sport to new players by focusing on the basics. This session will give new players the tools to quickly learn the sport of Ultimate. Cost \$80
- An afternoon session for players who want to increase their skills and knowledge of the game as well as learn new drills and cross-training techniques. Cost \$90

Mission: To provide the tools to participants to become a successful Ultimate player by introducing the sport of Ultimate to new players as well as offering new philosophy, tactics, drills, and exercises/workouts to participants who have already played the game.

What The Camp Will Offer:

We will cover the most basic rules, offensive and defensive strategies /skills of Ultimate all the while challenging the seasoned player. We will develop and improve your throws, catching, defense, Spirit of The Game, and cover injury prevention and fitness for Ultimate.

Beginner 9am-11am **\$80** July 20-23 (Tues - Fri)
Experienced 1pm-4pm **\$90** July 20-23 (Tues - Fri)

Future Starz Summer Saturday Classes

Future Starz at Indoor Goals are classes designed to introduce kids to soccer in a fun and safe environment. With its fun and imaginative games and activities, our programs will help kids develop their skills, coordination, and learning abilities in a supportive, motivating and positive atmosphere.

Register for any **Saturday Summer Future Starz** class at Indoor Goals by calling us at 503 629-9500.

Toddler Starz 18mo-3yr 10-10:45am (parent interactive)

Soccer Starz ages 4-6yr 11-11:45am

Soccer Starz ages 7-11yr 12-12:45pm

All classes are \$75 for 8 weeks. Class punch cards are available - 5 punches for \$55

Registration

Please fill out and return with payment to Indoor Goals

Camper's Name: _____
Address: _____
City/Zip: _____ Male / Female
Age: _____
Phone: _____
Parent's Name: _____
EMAIL: _____

CHECK the camps you would like to sign up for:

Outdoor Roller Hockey Camp (\$90)

- Session 1: June 21-25
 Session 2: July 26-30

Outdoor Inline Skating Camp (\$80)

- Session 1: June 21-25
 Session 2: July 26-30

2 Day Soccer Camps 3-5 yr. old (\$50)

- Session 1: July 7-8
 Session 2: Aug 4-5

Soccer Camps 5-8 yr. old (\$90)

- Session 1: June 28 - July1
 Session 2: July 12-15

Soccer Camps 7-12 yr. old (\$90)

- Session 1: June 28 - July1
 Session 2: July 12-15

Ultimate Camp Beginner (\$80)

- Session 1: July 20 - July23

Ultimate Camp Experienced (\$90)

- Session 1: July 20 - July23

Total Payment Enclosed: _____
Credit Card # _____
Exp date _____

DISCLAIMER: I realize no amount of reasonable supervision or training can eliminate all of the dangers of athletic participation and that my child may suffer serious injury as a result of participation in athletic events. Notwithstanding this possibility, and with full knowledge and understanding of the risk of serious injury to my son/daughter as a result of athletic participation, I give my permission to my son/daughter to participate in all sports and activities at Indoor Goals. In the event that my child is injured during the absence of parent or legal guardian, give my permission to the person in charge to seek medical care.

Indoor Goals
16340 NW Bethany Ct
Beaverton, OR 97006
503.629.9500
www.indoorgoals.com

SUMMER 2010



CAMPS

PRESENTED BY 

