



## About the Duanesburg Area Community Center

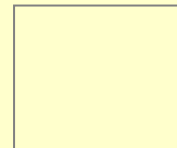


### DACC Mission Statement

The Duanesburg Area Community Center (DACC) serves people of all ages and needs from the surrounding communities by providing cultural, recreational and educational programs that promote healthy living and community spirit.

### DACC Multi- Sport Clinic

is an alternative to the same old summer camp experiences. This program is designed to get participants outside and active. Participants will find this program fun & exciting. They will gain self confidence, learn swimming skills, biking and running skills as well as sportsmanship and healthy lifestyle choices.



Duanesburg Area Community Center  
221 Victoria Drive  
Delanson NY 12053



221 Victoria Drive  
Delanson NY 12053  
Ph 895-9500  
Fax 895-9501  
Web [www.dacc.info](http://www.dacc.info)



**DACC Multi- Sport  
4 – Day Clinic  
June 28<sup>th</sup> – July 1<sup>st</sup>**



# Clinic Information

## Clinic Adventures

- Swimming
- Biking
- Running
- Develop Friends
- Sportsmanship
- Hiking
- Relax and have Fun

## Sessions

This **4 day** Clinic will run for four sessions this summer:

- Session 1: June 28<sup>th</sup> – July 1<sup>st</sup>
- Session 2: July 5<sup>th</sup> – 8<sup>th</sup>
- Session 3: August 16<sup>th</sup> – 19<sup>th</sup>
- Session 4: August 23<sup>rd</sup> – 26<sup>th</sup>

9 am to 5pm.

Early drop-offs (8am) and late pickups (6pm) are available for an additional fee.

## Equipment Needed:

- Swimsuit, Goggles & Towels
- Bike & Helmet (checked by a bike mechanic)
- Running Shoes & Socks
- Rain Coat (waterproof nylon)
- Day Pack (book bag)
- Nutritious bag lunch & snacks
- Sports Drinks (3-4 bottles per day)

# DACC Clinic Registration Form

Mail: DACC, 221 Victoria Dr., Delanson, NY 12053  
 Fax: 518-895-9501 Phone: 518-895-9500

## Registration

Name: \_\_\_\_\_  
 Birthday: \_\_\_\_\_ Age: \_\_\_\_\_  
 Gender: M / F  
 T-Shirt Size: Youth S M L / Adult S M L XL  
 Parent Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City/ State: \_\_\_\_\_  
 Zip: \_\_\_\_\_  
 Phone (home): \_\_\_\_\_  
 Phone (work or cell): \_\_\_\_\_  
 Email: \_\_\_\_\_

### Member Fees, Sessions & Dates: (ages 8-15)

Please check the session(s) of participation.

- \$175 Session 1 - June 28 - July 1
- \$175 Session 2 – July 5<sup>th</sup> – 8<sup>th</sup>
- \$175 Session 3 - August 16<sup>th</sup> – 19<sup>th</sup>
- \$175 Session 4 – August 23<sup>rd</sup> – 26<sup>th</sup>

Non-Member price is \$260

Second Child will get \$25 discount

\$30 Per Week Early/Late Drop-off Athlete Fee  
 \$10 Per Week Early/ Late Drop-off Sibling Athlete Fee

### Registration is Limited

Registrations will be accepted by date of receipt of application and a **deposit of \$100**. Balance is due two weeks prior to each session.

### Make checks payable to:

Duanesburg Area Community Center

Amount Enclosed: \$ \_\_\_\_\_

The DACC Multi-Sport Clinic is a positive alternative to traditional sports camps for athletes ages 8 to 15. The program helps kids master the fundamentals of swimming, cycling, running, and triathlon racing, as well as the essentials of proper stretching, strength-training, and flexibility. We offer a wide variety of fun-filled multi-sport games, training and activities led by experienced coaches.

Kids get lots of attention and feedback as well as time to relax, make friends and have fun.

Ultimately, our goal is for Athletes to have fun and develop healthy, active lifestyles that lead to life-long outdoor enjoyment. Athletes receive group lessons in swimming, biking, trail hiking and much more. This Clinic is sure to keep all athletes excited, challenged and safe.