

AGES

6 and up

REQUIREMENTS

Strong swimmers only
(intermediate and up)
Ages 6-7 must try out

HOURS

Full Day 8:00 am - 4:00 pm

JUNE 26TH - SEPTEMBER 1ST

Minimum registration 4 weeks

WEEK 1	<input type="checkbox"/>	6.26 - 6.30	WEEK 6	<input type="checkbox"/>	7.31 - 8.04
WEEK 2	<input type="checkbox"/>	7.03 - 7.07	WEEK 7	<input type="checkbox"/>	8.07 - 8.11
WEEK 3	<input type="checkbox"/>	7.10 - 7.14	WEEK 8	<input type="checkbox"/>	8.14 - 8.18
WEEK 4	<input type="checkbox"/>	7.17 - 7.21	WEEK 9	<input type="checkbox"/>	8.21 - 8.25
WEEK 5	<input type="checkbox"/>	7.24 - 7.28	WEEK 10	<input type="checkbox"/>	8.28 - 9.01

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am - 8:15 am	ARRIVAL	ARRIVAL	ARRIVAL	ARRIVAL	ARRIVAL
8:15 am - 9:00 am	FIRST PRACTICE	FIRST PRACTICE	FIRST PRACTICE	FIRST PRACTICE	FIRST PRACTICE
9:00 am - 9:45 am	FIRST PRACTICE	OUTDOOR STRETCH	FIRST PRACTICE	RELAYS/GAMES/ RACES OUTSIDE	FIRST PRACTICE
9:45 am - 10:15 am	SNACK	SNACK	SNACK	SNACK	SNACK
10:15 am - 11:15 am	SOCCER INSIDE	ARTS & CRAFTS OUTSIDE	SOCCER INSIDE	DRYLAND TRAINING (POOL)	BOXING
11:15 am - 11:30 am	SNACK	SNACK	SNACK	SNACK	SNACK
11:30 am - 1:00 pm	SECOND PRACTICE	SECOND PRACTICE	SECOND PRACTICE	SECOND PRACTICE	MINI MEET/ TEST
1:00 pm - 1:30 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:30 pm - 2:00 pm	MAKE & CREATE TIME	STEM	MOVIE TIME	STROKE ANALYSIS REVIEW (POOL)	STEM
2:00 pm - 2:30 pm	MAKE & CREATE TIME	TENNIS	MOVIE TIME	TENNIS	TENNIS
2:30 pm - 3:00 pm	STROKE ANALYSIS REVIEW (POOL)	TENNIS	THIRD PRACTICE	TENNIS	TENNIS
3:00 pm - 3:45 pm	THIRD PRACTICE	THIRD PRACTICE	THIRD PRACTICE	THIRD PRACTICE	FITNESS WITH ABDU
3:45 pm - 4:00 pm	DISMISSAL	DISMISSAL	DISMISSAL	DISMISSAL	DISMISSAL

*MatchPoint NYC reserves the right to change specific activities without notice
Includes activities on our multi-sport outdoor field*

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AGES

6 and up

HOURS

Full Day
9:00 am - 4:00 pm

JUNE 26TH - SEPTEMBER 1ST

Minimum registration 4 week for Pre-Team

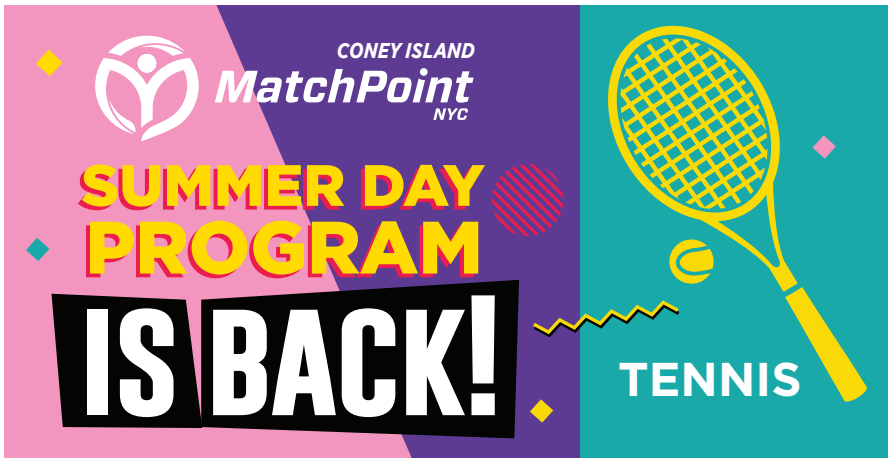
Minimum registration 6 week for Team

- WEEK 1 6.26 - 6.30 WEEK 6 7.31 - 8.04
- WEEK 2 7.03 - 7.07 WEEK 7 8.07 - 8.11
- WEEK 3 7.10 - 7.14 WEEK 8 8.14 - 8.18
- WEEK 4 7.17 - 7.21 WEEK 9 8.21 - 8.25
- WEEK 5 7.24 - 7.28 WEEK 10 8.28 - 9.01

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am - 9:15 am	ARRIVAL	ARRIVAL	ARRIVAL	ARRIVAL	ARRIVAL
9:15 am - 10:00 am	OUTDOOR WARM UP	INDOOR WARM UP	OUTDOOR WARM UP	INDOOR WARM UP	INDOOR WARM UP
10:00 am - 10:30 am	STRETCHING SPLITS/ OVERSPLITS OUTDOOR	STRETCHING SPLITS/ OVERSPLITS	STRETCHING SPLITS/ OVERSPLITS OUTDOOR	STRETCHING SPLITS/ OVERSPLITS	STRETCHING SPLITS/ OVERSPLITS
10:30 am - 11:00 am	JUMP AND AMPLITUDE BUILDING EXERCISES OUTDOOR	JUMP AND AMPLITUDE BUILDING EXERCISES	JUMP AND AMPLITUDE BUILDING EXERCISES OUTDOOR	JUMP AND AMPLITUDE BUILDING EXERCISES	JUMP AND AMPLITUDE BUILDING EXERCISES
11:00 am - 11:30 am	BALANCES, TURNS AND FLEXIBILITY ELEMENTS PRACTICE	BALANCES, TURNS AND FLEXIBILITY ELEMENTS PRACTICE	BALANCES, TURNS AND FLEXIBILITY ELEMENTS PRACTICE	BALANCES, TURNS AND FLEXIBILITY ELEMENTS PRACTICE	BALANCES, TURNS AND FLEXIBILITY ELEMENTS PRACTICE
11:30 am - 12:00 pm	BODY CONDITIONING	BODY CONDITIONING	BODY CONDITIONING	BODY CONDITIONING	BODY CONDITIONING
12:00 pm - 12:30 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
12:30 pm - 1:00 pm	FREE TIME/GAMES	FREE TIME/GAMES	FREE TIME/GAMES	FREE TIME/GAMES	FREE TIME/GAMES
1:00 pm - 2:00 pm	APPARATUS-HOOP, BALL, ROPE, CLUBS, RIBBON	BALLET	APPARATUS-HOOP, BALL, ROPE, CLUBS, RIBBON	BALLET	APPARATUS-HOOP, BALL, ROPE, CLUBS, RIBBON
2:00 pm - 2:15 pm	SNACK	SNACK	SNACK	SNACK	SNACK
2:15 pm - 3:00 pm	TENNIS	APPARATUS-HOOP, BALL, ROPE, CLUBS, RIBBON	TENNIS	APPARATUS-HOOP, BALL, ROPE, CLUBS, RIBBON	SYNC SWIM
3:00 pm - 3:45 pm	CHOREOGRAPHY	APPARATUS-HOOP, BALL, ROPE, CLUBS, RIBBON	CHOREOGRAPHY	APPARATUS-HOOP, BALL, ROPE, CLUBS, RIBBON	SYNC SWIM
3:45 pm - 4:00 pm	DISSMISSAL	DISSMISSAL	DISSMISSAL	DISSMISSAL	DISSMISSAL

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AGES

6 and up
(no exception)

REQUIREMENTS

Must know the basics
of the game

HOURS

Full Day
9:00 am - 4:30 pm

JUNE 26TH - SEPTEMBER 1ST

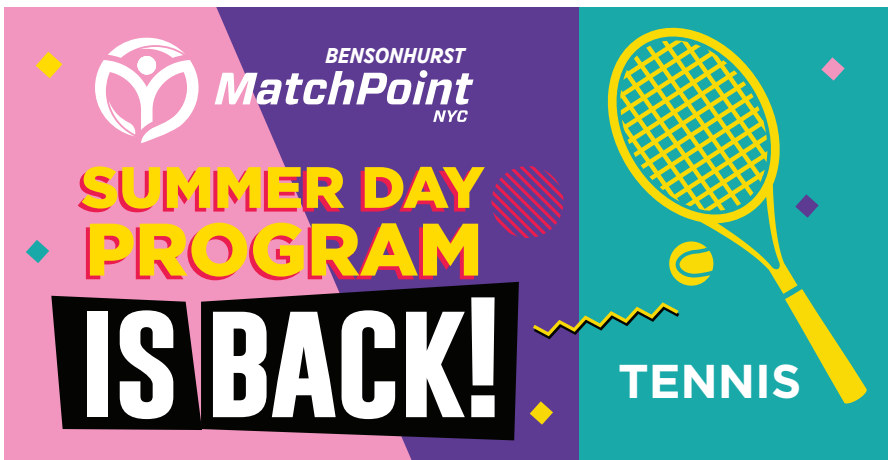
Minimum registration 4 weeks

- WEEK 1 6.26 - 6.30 WEEK 6 7.31 - 8.04
- WEEK 2 7.03 - 7.07 WEEK 7 8.07 - 8.11
- WEEK 3 7.10 - 7.14 WEEK 8 8.14 - 8.18
- WEEK 4 7.17 - 7.21 WEEK 9 8.21 - 8.25
- WEEK 5 7.24 - 7.28 WEEK 10 8.28 - 9.01

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 am - 9:00 am	ARRIVAL	ARRIVAL	ARRIVAL	ARRIVAL	ARRIVAL
9:00 am - 9:15 am	WARM UP	WARM UP	WARM UP	WARM UP	WARM UP
9:15 am - 11:30 am	1ST PRACTICE	1ST PRACTICE	1ST PRACTICE	1ST PRACTICE	1ST PRACTICE
11:30 am - 12:30 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
12:30 pm - 2:00 pm	POINTS/GAMES	POINTS/GAMES	POINTS/GAMES	POINTS/GAMES	POINTS/GAMES
2:00 pm - 3:00 pm	STRETCHING/FITNESS	STRETCHING/FITNESS	STRETCHING/FITNESS	STRETCHING/FITNESS	STRETCHING/FITNESS
3:00 pm - 3:30 pm	SNACK	SNACK	SNACK	SNACK	SNACK
3:30 pm - 4:15 pm	TENNIS GAMES	TENNIS GAMES	TENNIS GAMES	TENNIS GAMES	TENNIS GAMES
4:15 pm - 4:30 pm	DISMISSAL	DISMISSAL	DISMISSAL	DISMISSAL	DISMISSAL

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AGES

7 and up (no exception)

REQUIREMENTS

Must be competing in tournament USTA

HOURS

Full Day
9:00 am - 4:30 pm

JULY 3RD - AUGUST 18TH

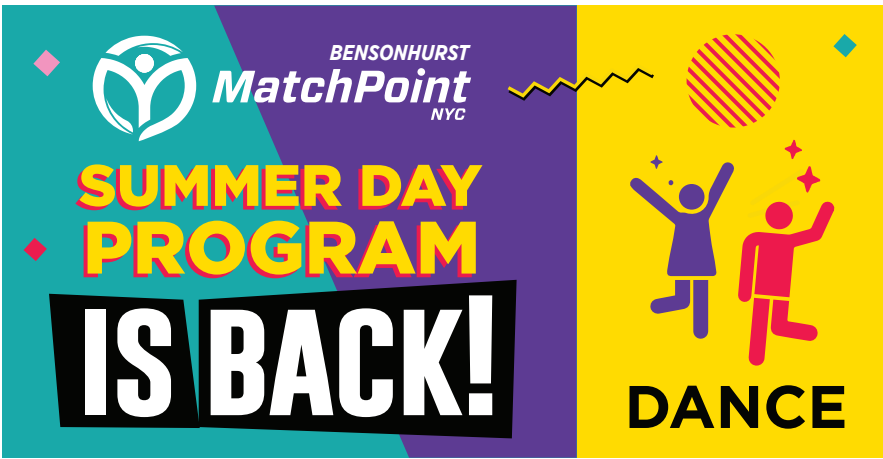
*Minimum registration 4 weeks
Limited spots (20 players per day)*

- WEEK 1 7.03 - 7.07 WEEK 5 7.31 - 8.04
- WEEK 2 7.10 - 7.14 WEEK 6 8.07 - 8.11
- WEEK 3 7.17 - 7.21 WEEK 7 8.14 - 8.18
- WEEK 4 7.24 - 7.28

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 am - 9:00 am	ARRIVAL/CHECK IN	ARRIVAL/CHECK IN	ARRIVAL/CHECK IN	ARRIVAL/CHECK IN	ARRIVAL/CHECK IN
9:00 am - 9:30 am	WARM UP/STRETCHING	WARM UP/STRETCHING	WARM UP/STRETCHING	WARM UP/STRETCHING	WARM UP/STRETCHING
9:30 am - 11:00 am	DRILLS	DRILLS	DRILLS	DRILLS	DRILLS
11:00 am - 12:00 pm	GAME PLAY	GAME PLAY	GAME PLAY	GAME PLAY	GAME PLAY
12:00 pm - 1:00 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 pm - 2:00 pm	MEDITATION/STRETCHING MATCH ANALYSIS	FOOTBALL/FITNESS	MEDITATION/STRETCHING MATCH ANALYSIS	FOOTBALL/FITNESS	MATCHPLAY
2:00 pm - 2:30 pm	SNACK BREAK	SNACK BREAK	SNACK BREAK	SNACK BREAK	SWIMMING
2:30 pm - 4:15 pm	MATCHPLAY	MATCHPLAY	MATCHPLAY	MATCHPLAY	SWIMMING
4:15 pm - 4:30 pm	DISMISSAL	DISMISSAL	DISMISSAL	DISMISSAL	DISMISSAL

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AGES
6 and up

REQUIREMENTS

Basic Dance & Gymnastics
Technique Mandatory

Advanced Gymnastics
Skills Preferred

HOURS

Full Day
9:00 am - 4:00 pm

JUNE 26TH - AUGUST 18TH

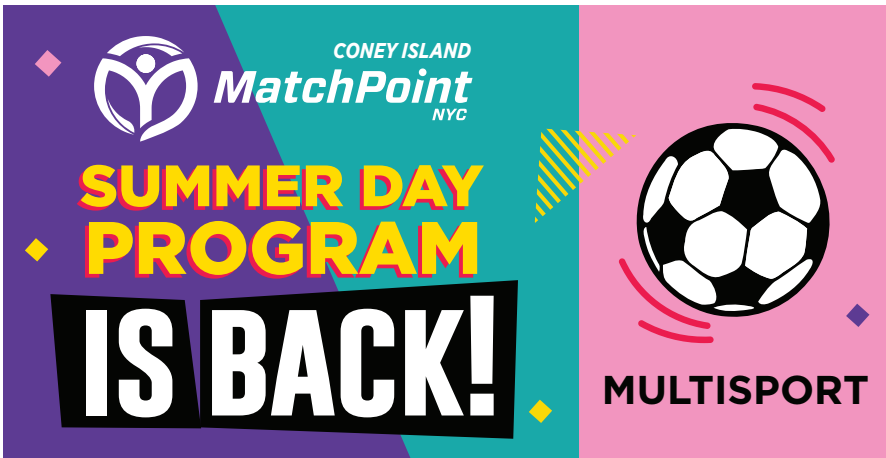
Minimum registration 4 weeks

- | | | | | | |
|--------|--------------------------|-------------|--------|--------------------------|-------------|
| WEEK 1 | <input type="checkbox"/> | 6.26 - 6.30 | WEEK 5 | <input type="checkbox"/> | 7.24 - 7.28 |
| WEEK 2 | <input type="checkbox"/> | 7.03 - 7.07 | WEEK 6 | <input type="checkbox"/> | 7.31 - 8.04 |
| WEEK 3 | <input type="checkbox"/> | 7.10 - 7.14 | WEEK 7 | <input type="checkbox"/> | 8.07 - 8.11 |
| WEEK 4 | <input type="checkbox"/> | 7.17 - 7.21 | WEEK 8 | <input type="checkbox"/> | 8.14 - 8.18 |

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am - 9:15 am	ARRIVAL	ARRIVAL	ARRIVAL	ARRIVAL	ARRIVAL
9:15 am - 9:45 am	CHECK IN AND BREAKFAST	CHECK IN AND BREAKFAST	CHECK IN AND BREAKFAST	CHECK IN AND BREAKFAST	CHECK IN AND BREAKFAST
9:45 am - 11:00 am	BALLET	BALLET	ZUMBA	BALLET	STRETCHING-YOGA STYLE
11:00 am - 12:00 pm	ARTISTIC GYMNASTICS	GYMNASTICS TECHNIQUE	ARTISTIC GYMNASTICS	GYMNASTICS TECHNIQUE	TIK-TOK CHALLENGE
12:00 pm - 1:00 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 pm - 2:30 pm	DANCE & CHOREOGRAPHY	DANCE & CHOREOGRAPHY	DANCE & CHOREOGRAPHY	DANCE & CHOREOGRAPHY	DANCE & CHOREOGRAPHY
2:30 pm - 3:00 pm	SNACK	SNACK	SNACK	SNACK	SNACK
3:00 pm - 3:45 pm	STRETCHING-YOGA STYLE	SHOW & TELL	SOCCER	TENNIS	TALENT SHOW
3:45 pm - 4:00 pm	DISMISSAL	DISMISSAL	DISMISSAL	DISMISSAL	DISMISSAL

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AGES

6 to 11

HOURS

Full Day
9:00 am - 4:30 pm

JUNE 26TH - SEPTEMBER 1ST

Minimum registration 4 weeks

- WEEK 1 6.26 - 6.30 WEEK 6 7.31 - 8.04
- WEEK 2 7.03 - 7.07 WEEK 7 8.07 - 8.11
- WEEK 3 7.10 - 7.14 WEEK 8 8.14 - 8.18
- WEEK 4 7.17 - 7.21 WEEK 9 8.21 - 8.25
- WEEK 5 7.24 - 7.28 WEEK 10 8.28 - 9.01

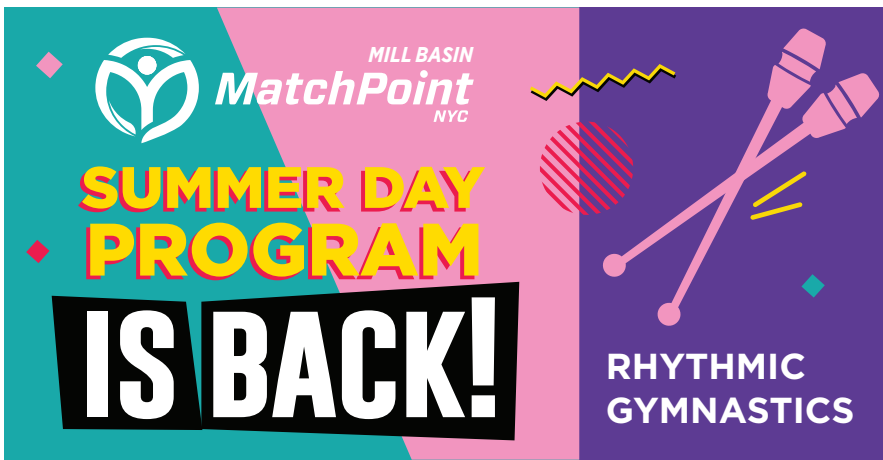
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am - 9:15 am	ARRIVAL/CHECK IN	ARRIVAL/CHECK IN	ARRIVAL/CHECK IN	ARRIVAL/CHECK IN	ARRIVAL/CHECK IN
9:15 am - 10:30 am	SWIMMING	SOCCER INSIDE	SWIMMING	SOCCER INSIDE	SWIMMING
10:30 am - 10:45 am	SNACK #1	SNACK #1	SNACK #1	SNACK #1	SNACK #1
10:45 am - 11:15 am	OUTSIDE/GAMES	INDOOR GAMES	OUTSIDE/GAMES	INDOOR GAMES	OUTSIDE/GAMES
11:20 am - 12:30 pm	TENNIS	TENNIS	TENNIS	TENNIS	TENNIS
12:30 pm - 1:30 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:30 pm - 2:45 pm	BOXING	SWIMMING	BOXING	SWIMMING	ARTS AND CRAFTS
2:45 pm - 3:15 pm	SNACK #2	SNACK #2	SNACK #2	SNACK #2	MOVIE FRIDAY
3:15 pm - 4:15 pm	FITNESS	FITNESS	FITNESS	FITNESS	MOVIE FRIDAY
4:15 pm - 4:30 pm	DISMISSAL	DISMISSAL	DISMISSAL	DISMISSAL	DISMISSAL

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Bring water, sunscreen and hat



AGES

6 and up

REQUIREMENTS

Rhythmic Gymnastics experience is necessary

HOURS

Full Day
9:00 am - 4:00 pm

JUNE 26TH - SEPTEMBER 1ST

Minimum registration 6 weeks

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am - 9:15 am	ARRIVAL	ARRIVAL	ARRIVAL	ARRIVAL	ARRIVAL
9:15 am - 9:30 am	INDOOR WARM UP	INDOOR WARM UP	INDOOR WARM UP	INDOOR WARM UP	INDOOR WARM UP
9:30 am - 11:30 am	1ST PRACTICE	1ST PRACTICE	1ST PRACTICE	1ST PRACTICE	1ST PRACTICE
11:30 am - 12:00 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
12:00 pm - 2:00 pm	2ND PRACTICE	2ND PRACTICE	2ND PRACTICE	2ND PRACTICE	2ND PRACTICE
2:00 pm - 2:30 pm	SNACK	SNACK	SNACK	SNACK	SNACK
2:30 pm - 3:45 pm	FREE TIME/ OUTSIDE GAMES	TENNIS	3RD PRACTICE	FREE TIME/ OUTSIDE GAMES	TENNIS
3:45 pm - 4:00 pm	DISSMISSAL	DISSMISSAL	DISSMISSAL	DISSMISSAL	DISSMISSAL

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