

RHYTHMIC GYMNASTICS

Full-Day Summer Program

AGES 5 and older

REQUIREMENTS Pre-Team Gymnasts
(recreational students)

HOURS Full Day 9:00 am - 4:00 pm

**JUNE 28TH -
SEPTEMBER 3RD**

Minimum registration 3 weeks

WEEK 1	<input type="checkbox"/>	6.28 - 7.02	WEEK 6	<input type="checkbox"/>	8.02 - 8.06
WEEK 2	<input type="checkbox"/>	7.05 - 7.09	WEEK 7	<input type="checkbox"/>	8.09 - 8.13
WEEK 3	<input type="checkbox"/>	7.12 - 7.16	WEEK 8	<input type="checkbox"/>	8.16 - 8.20
WEEK 4	<input type="checkbox"/>	7.19 - 7.23	WEEK 9	<input type="checkbox"/>	8.23 - 8.27
WEEK 5	<input type="checkbox"/>	7.26 - 7.30	WEEK 10	<input type="checkbox"/>	8.30 - 9.03



PRE-TEAM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am - 9:15 am	ARRIVAL AT THE STUDIO	ARRIVAL AT THE STUDIO	ARRIVAL AT THE STUDIO	ARRIVAL AT THE STUDIO	ARRIVAL AT THE STUDIO
9:15 am - 9:30 am	WARM UP	WARM UP	WARM UP	WARM UP	WARM UP
9:30 am - 11:30 am	1ST PRACTICE	1ST PRACTICE	1ST PRACTICE	1ST PRACTICE	1ST PRACTICE
11:30 pm - 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	BALLET/OUTSIDE	TENNIS	DANCE/OUTSIDE	FUN GAMES/OUTSIDE	SWIMMING
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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