



RHYTHMIC GYMNASTICS

Full-Day Summer Program



"Join my program! I'll be there to personally train you as you develop grace of movement, muscular flexibility, coordination and more."

- Lucy Kerznerman

Rhythmic Gymnastics Sport is a beautiful, predominately female Olympic Sport that involves a combination of ballet, body movement, and apparatus handling.

There are five apparatus: rope, hoop, ball, clubs, ribbon. One must master all five to be successful.

Our Rhythmic Gymnastics Summer Program offers ballet, dance, body and apparatus technique and conditioning.

Also, we are offering tennis and swimming lessons once a week.



REQUIREMENTS:

Your child has to be minimum 6 years old and be minimum a Pre-Team gymnast

YOU ARE STRONGLY RECOMMENDED TO TAKE:

Pre-team 3 weeks of the summer program
Team - 4 weeks of the summer program

WHAT TO HAVE AND WEAR:

Leotard	Sneakers (for tennis)
Toe shoes	Swimsuit (for swimming)
Hair in a bun	Bottle of water (every day)
No Jewelry	Notebook

Great mood and spirit 😊

MatchPoint NYC | 2781 Shell Road, Brooklyn NY 11223 | T: (718) 769-0001



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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 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	3RD PRACTICE	TENNIS	3RD PRACTICE	3RD PRACTICE	SWIMMING
3:45 pm - 4:00 pm	DISMISSAL	DISMISSAL	DISMISSAL	DISMISSAL	DISMISSAL

Includes activities on our multi-sport outdoor field

MatchPoint NYC reserves the right to change specific activities without notice



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

Minimum registration 3 weeks

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