



# TENNIS

*Bensonhurst*

## Full-Day Summer Program

**AGES** 7 to 11

**REQUIREMENTS** Advanced players only

**HOURS** Full Day 9:00 am - 4:30 pm

## JUNE 28TH - SEPTEMBER 3RD

*Minimum registration 3 weeks*



Bring water and sunscreen

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am - 9:30 am	ARRIVAL/CHECK IN	ARRIVAL/CHECK IN	ARRIVAL/CHECK IN	ARRIVAL/CHECK IN	ARRIVAL/CHECK IN
9:30 am - 10:00 am	WARM UP	WARM UP	WARM UP	WARM UP	WARM UP
10:00 am - 12:00 pm	DRILLS/GAMES	DRILLS/GAMES	DRILLS/GAMES	DRILLS/GAMES	DRILLS/GAMES
12:00 pm - 1:00 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 pm - 1:30 pm	YOGA/MEDITATION	MATCH ANALYSIS	YOGA/MEDITATION	MATCH ANALYSIS	MATCHPLAY
1:30 pm - 2:15 pm	FITNESS	SOCCER	FITNESS	SOCCER	MATCHPLAY
2:15 pm - 2:30 pm	SNACK	SNACK	SNACK	SNACK	SNACK
2:30 pm - 4:15 pm	MATCHPLAY	MATCHPLAY	MATCHPLAY	MATCHPLAY	MATCHPLAY
4:15 pm - 4:30 pm	DISMISSAL	DISMISSAL	DISMISSAL	DISMISSAL	DISMISSAL

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*MatchPoint NYC reserves the right to change specific activities without notice*

