Mill Basin

## RHYTHMIC GYMNASTICS

## JUNE 28TH - SEPTEMBER 3RD

Minimum registration 3 weeks

Full-Day Summer Program

AGES 5 and up

REQUIREMENTS Pre-Team / Team Gymnasts

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

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

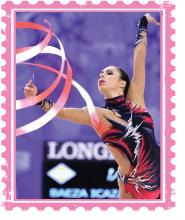
WEEK 7 8.09 - 8.13

WEEK 8 8.16 - 8.20

WEEK 9 8.23 - 8.27

WEEK 10 8.30 - 9.03





## PRE-TEAM / TEAM

| TIME                | MONDAY                | TUESDAY               | WEDNESDAY             | THURSDAY              | FRIDAY                |
|---------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 9:00 am - 9:15 am   | ARRIVAL AT THE STUDIO |
| 9:15 am – 9:30 am   | WARM UP               |
| 9:30 am - 11:30 am  | 1ST PRACTICE          |
| 11:30 pm - 12:00 pm | LUNCH                 | LUNCH                 | LUNCH                 | LUNCH                 | LUNCH                 |
| 12:00 pm - 2:00 pm  | 2ND PRACTICE          |
| 2:00 pm - 2:30 pm   | SNACK                 | SNACK                 | SNACK                 | SNACK                 | SNACK                 |
| 2:30 pm - 3:45 pm   | OUTDOOR FIELD         | TENNIS                | 3RD PRACTICE          | OUTDOOR FIELD         | TENNIS                |
| 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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