

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

ALL SET
to Pirouette



PRE-TEAM / 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	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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