



MILL BASIN  
**MatchPoint**  
NYC

# SUMMER FULL-DAY Programs



**RHYTHMIC  
GYMNASTICS**

**AGES**

5 and older

**REQUIREMENTS**

Pre-Team /  
Team gymnasts

**HOURS**

Full Day  
8:45 am - 4:00 pm

## JUNE 27TH - SEPTEMBER 2ND

*Minimum registration 6 weeks*

WEEK 1	<input type="checkbox"/>	6.27 - 7.01	WEEK 6	<input type="checkbox"/>	8.01 - 8.05
WEEK 2	<input type="checkbox"/>	7.04 - 7.08	WEEK 7	<input type="checkbox"/>	8.08 - 8.12
WEEK 3	<input type="checkbox"/>	7.11 - 7.15	WEEK 8	<input type="checkbox"/>	8.15 - 8.19
WEEK 4	<input type="checkbox"/>	7.18 - 7.22	WEEK 9	<input type="checkbox"/>	8.22 - 8.26
WEEK 5	<input type="checkbox"/>	7.25 - 7.29	WEEK 10	<input type="checkbox"/>	8.29 - 9.02

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45 am - 9:00 am	ARRIVAL AT THE STUDIO	ARRIVAL AT THE STUDIO	ARRIVAL AT THE STUDIO	ARRIVAL AT THE STUDIO	ARRIVAL AT THE STUDIO
9:00 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	OUTSIDE FIELD	TENNIS	3RD PRACTICE	OUTSIDE 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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