



SUMMER FULL-DAY Programs



AGES

5 and older

REQUIREMENTS

Pre-Team /
Team gymnasts

HOURS

Full Day
8:45 am - 4:00 pm

JUNE 27TH - SEPTEMBER 2ND

Minimum registration 4 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 - 9:15 am	ARRIVAL AT THE STUDIO	ARRIVAL AT THE STUDIO	ARRIVAL AT THE STUDIO	ARRIVAL AT THE STUDIO	ARRIVAL AT THE STUDIO
9:15 am - 10:00 am	HIT WARM UP	HIT WARM UP	HIT WARM UP	HIT WARM UP	HIT WARM UP
10:00 am - 12:00 am	1ST PRACTICE	1ST PRACTICE	1ST PRACTICE	1ST PRACTICE	1ST PRACTICE
12:00 am - 12:30 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
12:30 am - 1:00 pm	FREE TIME/GAME	FREE TIME/GAME	FREE TIME/GAME	FREE TIME/GAME	FREE TIME/GAME
1:00 pm - 2:00 pm	BALET	2ND PRACTICE	BALET	2ND PRACTICE	2ND PRACTICE
2:00 pm - 2:30 pm	SNACK/OUTSIDE	TENNIS	SNACK/OUTSIDE	TENNIS	SNACK/OUTSIDE
2:00 pm - 3:00 pm		TENNIS			
2:30 pm - 3:45 pm	2ND PRACTICE		2ND PRACTICE		SYNC SWIM
3:00 pm - 3:45 pm		CHOREOGRAPHY		CHOREOGRAPHY	SYNC SWIM
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*

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