



SUMMER PROGRAM 2024

RHYTHMIC GYMNASTICS



AGES

6 and up

REQUIREMENTS

Kids of all experience are welcome

HOURS

Full Day
9:00 am - 4:00 pm

STARTS JUNE 24, 2024
LIMITED SPOTS. HURRY UP!

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

MatchPoint NYC reserves the right to change specific activities without notice
Includes activities on our multi-sport outdoor field

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am - 9:15 am	ARRIVAL	ARRIVAL	ARRIVAL	ARRIVAL	ARRIVAL
9:15 am - 10:00 am	OUTDOOR WARM UP	INDOOR WARM UP	OUTDOOR WARM UP	INDOOR WARM UP	INDOOR WARM UP
10:00 am - 10:30 am	STRETCHING SPLITS/ OVERSPLITS OUTDOOR	STRETCHING SPLITS/ OVERSPLITS	STRETCHING SPLITS/ OVERSPLITS OUTDOOR	STRETCHING SPLITS/ OVERSPLITS	STRETCHING SPLITS/ OVERSPLITS
10:30 am - 11:00 am	JUMP AND AMPLITUDE BUILDING EXERCISES OUTDOOR	JUMP AND AMPLITUDE BUILDING EXERCISES	JUMP AND AMPLITUDE BUILDING EXERCISES OUTDOOR	JUMP AND AMPLITUDE BUILDING EXERCISES	JUMP AND AMPLITUDE BUILDING EXERCISES
11:00 am - 11:30 am	BALANCES, TURNS AND FLEXIBILITY ELEMENTS PRACTICE	BALANCES, TURNS AND FLEXIBILITY ELEMENTS PRACTICE	BALANCES, TURNS AND FLEXIBILITY ELEMENTS PRACTICE	BALANCES, TURNS AND FLEXIBILITY ELEMENTS PRACTICE	BALANCES, TURNS AND FLEXIBILITY ELEMENTS PRACTICE
11:30 am - 12:00 pm	BODY CONDITIONING	BODY CONDITIONING	BODY CONDITIONING	BODY CONDITIONING	BODY CONDITIONING
12:00 pm - 12:30 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
12:30 pm - 1:00 pm	FREE TIME/GAMES	FREE TIME/GAMES	FREE TIME/GAMES	FREE TIME/GAMES	FREE TIME/GAMES
1:00 pm - 2:00 pm	APPARATUS-HOOP, BALL, ROPE, CLUBS, RIBBON	BALLET	APPARATUS-HOOP, BALL, ROPE, CLUBS, RIBBON	BALLET	APPARATUS-HOOP, BALL, ROPE, CLUBS, RIBBON
2:00 pm - 2:15 pm	SNACK	SNACK	SNACK	SNACK	SNACK
2:15 pm - 3:00 pm	TENNIS	APPARATUS-HOOP, BALL, ROPE, CLUBS, RIBBON	TENNIS	APPARATUS-HOOP, BALL, ROPE, CLUBS, RIBBON	SYNC SWIM
3:00 pm - 3:45 pm	CHOREOGRAPHY	APPARATUS-HOOP, BALL, ROPE, CLUBS, RIBBON	CHOREOGRAPHY	APPARATUS-HOOP, BALL, ROPE, CLUBS, RIBBON	SYNC SWIM
3:45 pm - 4:00 pm	DISMISSAL	DISMISSAL	DISMISSAL	DISMISSAL	DISMISSAL