



SUMMER 2024 PROGRAM SWIMMING



AGES

6 and up

REQUIREMENTS

Strong swimmers only
(intermediate and up)

Ages 6-7 must try out

HOURS

Full Day 8:00 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
8:00 am - 8:15 am	ARRIVAL	ARRIVAL	ARRIVAL	ARRIVAL	ARRIVAL
8:15 am - 9:45 am	FIRST PRACTICE	FIRST PRACTICE	FIRST PRACTICE	FIRST PRACTICE	FIRST PRACTICE
9:45 am - 10:00 am	SNACK	SNACK	SNACK	SNACK	SNACK
10:00 am - 10:15 am	SNACK	BOXING	SNACK	OUTDOOR GAMES	FITNESS WITH ABDU
10:15 am - 10:45 am	SOCCER	BOXING	SOCCER	OUTDOOR GAMES	FITNESS WITH ABDU
10:45 am - 11:00 am	SOCCER	BOXING	SOCCER	OUTDOOR GAMES	ARTS & CRAFTS
11:00 am - 11:15 am	SOCCER	LUNCH	SOCCER	LUNCH	ARTS & CRAFTS
11:15 am - 11:30 am	SNACK	LUNCH	SNACK	LUNCH	ARTS & CRAFTS
11:30 am - 12:00 pm	SECOND PRACTICE	SECOND PRACTICE	SECOND PRACTICE	SECOND PRACTICE	SNACK
12:00 pm - 1:00 pm	SECOND PRACTICE	SECOND PRACTICE	SECOND PRACTICE	SECOND PRACTICE	MINI MEET/ TEST
1:00 pm - 1:30 pm	LUNCH	SNACK	LUNCH	SNACK	MINI MEET/ TEST
1:30 pm - 2:00 pm	DIY TIME	STEM	EDUCATIONAL VIDEO	STEM	MINI MEET/ TEST
2:00 pm - 2:30 pm	DIY TIME	TENNIS	EDUCATIONAL VIDEO	TENNIS	LUNCH
2:30 pm - 3:00 pm	STROKE ANALYSIS	TENNIS	THIRD PRACTICE	TENNIS	STRETCHING SESSION
3:00 pm - 3:15 pm	THIRD PRACTICE	THIRD PRACTICE	THIRD PRACTICE	THIRD PRACTICE	STRETCHING SESSION
3:15 pm - 3:45 pm	THIRD PRACTICE	THIRD PRACTICE	THIRD PRACTICE	THIRD PRACTICE	AWARDS
3:45 pm - 4:00 pm	DISMISSAL	DISMISSAL	DISMISSAL	DISMISSAL	DISMISSAL