



SUMMER PROGRAM 2025

RHYTHMIC GYMNASTICS



AGES

6 and up

REQUIREMENTS

Kids of all experience are welcome

HOURS

Full Day
9:00 am - 4:00 pm

STARTS JUNE 23, 2025
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 - 12:00 pm | PRACTICE #1 | PRACTICE #1 | PRACTICE #1 | PRACTICE #1 | PRACTICE #1 |
| 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 | PRACTICE #2 | PRACTICE #2 | PRACTICE #2 | PRACTICE #2 | PRACTICE #2 |
| 2:00 pm - 2:15 pm | SNACK | SNACK | SNACK | SNACK | SNACK |
| 2:15 pm - 3:00 pm | TENNIS | PRACTICE #3 | TENNIS | PRACTICE #3 | SYNC SWIM |
| 3:00 pm - 3:45 pm | FREE TIME | FREE TIME | FREE TIME | FREE TIME | FREE TIME |
| 3:45 pm - 4:00 pm | DISMISSAL | DISMISSAL | DISMISSAL | DISMISSAL | DISMISSAL |