

SUMMER 2025 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 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
8:00 am - 8:15 am	ARRIVAL / RULES	ARRIVAL / RULES	ARRIVAL / RULES	ARRIVAL / RULES	ARRIVAL / RULES
8:15 am - 9:45 am	PRACTICE #1	PRACTICE #1	PRACTICE #1	PRACTICE #1	PRACTICE #1
9:45 am - 10:00 am	SNACK	SNACK	SNACK	SNACK	SNACK
10:00 am - 10:15 am	SNACK	BOXING WITH NICK	SNACK	OUTDOOR GAMES	FITNESS WITH SLAVA
10:15 am - 10:45 am	SOCCER	BOXING WITH NICK	SOCCER	OUTDOOR GAMES	FITNESS WITH SLAVA
10:45 am - 11:00 am	SOCCER	BOXING WITH NICK	SOCCER	OUTDOOR GAMES	ARTS & CRAFTS
11:00 am - 11:15 am	SOCCER	LUNCH	SOCCER	LUNCH	ARTS & CRAFTS
11:15 am - 11:30pm	SNACK	LUNCH	SNACK	LUNCH	ARTS & CRAFTS
11:30 am - 12:00 pm	PRACTICE #2	PRACTICE #2	PRACTICE #2	PRACTICE #2	SNACK
12:00 pm - 1:00 pm	PRACTICE #2	PRACTICE #2	PRACTICE #2	PRACTICE #2	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	PRACTICE #3	TENNIS	STRETCHING WITH DASHA
3:00 pm - 3:15 pm	PRACTICE #3	PRACTICE #3	PRACTICE #3	PRACTICE #3	STRETCHING WITH DASHA
3:15 pm - 3:45 pm	PRACTICE #3	PRACTICE #3	PRACTICE #3	PRACTICE #3	AWARDS
3:45 pm - 4:00 pm	DISSMISSAL	DISSMISSAL	DISSMISSAL	DISSMISSAL	DISSMISSAL