

SUMMER 2025 PROGRAM DANCE



AGES

6 - 15

REQUIREMENTS

RECREATIONAL CLASSES

HOURS

Full Day
9:00 am - 4:00 pm

STARTS AUGUST 11, 2025

LIMITED SPOTS. HURRY UP!

MatchPoint NYC
9000 Bay Pkwy, Brooklyn, NY 11214

MatchPoint NYC reserves the right to change specific activities without notice

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 am - 9:15 am			WARM UP / COORDINATION TRAINING		
9:00 am - 9:30 am	WARM UP / COORDINATION TRAINING	WARM UP / COORDINATION TRAINING		WARM UP / COORDINATION TRAINING	WARM UP / COORDINATION TRAINING
9:15 am - 9:45 am			CONTEMPORARY		
9:30 am - 10:30 am	BALLET	BALLET & FOOTWORK		BALLET	
9:30 am - 10:00 am					FLEXIBILITY & STRETCHING
9:45 am - 10:45 am			FLEXIBILITY & STRETCHING		
10:00 am - 11:00am					SKILLS/LEAPS & TURNS / TECHNIQUE
10:30 am - 11:00 am	CONDITIONING & FOOTWORK	MODERN TECHNIQUE		STRETCHING	
10:45 am - 12:00 pm			SKILLS/LEAPS & TURNS / TECHNIQUE		
11:00 am - 12:00 pm	FLEXIBILITY & STRETCHING	HIP HOP TECHNIQUE		ACROBATICS & TRICKS	ACROBATICS & TRICKS
12:00 pm - 12:30 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
12:30 pm - 12:45 pm		YOGA & MEDITATION	HIP HOP		
12:30 pm - 1:30 pm					SHOW & TELL / DANCE TRENDS & GAMES
12:30pm - 1:00 pm	JAZZ			YOGA & MEDITATION	
12:45 pm - 2:00 pm		ACROBATICS & TRICKS	ACROBATICS & TRICKS		
1:00 pm - 2:00 pm	ACROBATICS & TRICKS			TENNIS	
1:30 pm - 4:00 pm					SWIMMING AT MATCHPOINT NYC
2:00 pm - 2:30 pm	SKILLS/LEAPS & TURNS / TECHNIQUE	SKILLS/LEAPS & TURNS / TECHNIQUE	SOCCER	SKILLS/LEAPS & TURNS / TECHNIQUE	
2:30 pm - 3:00 pm	SKILLS/LEAPS & TURNS / TECHNIQUE	SKILLS/LEAPS & TURNS / TECHNIQUE	YOGA & MEDITATION	SKILLS/LEAPS & TURNS / TECHNIQUE	
3:00 pm - 4:00 pm	LYRICAL	BALLROOM	JAZZ	TAP	