



**TOWN OF RAMAPO PARKS
& RECREATION**
(845) 357-6100
WWW.RAMAPOPARKS.ORG

Sports Conditioning

Mon	Tue	Wed	Thu	Fri
No Camp July 2	No Camp 3	NO CAMP Happy 4th of July! 4	First Day of Camp! 5	Swim at Spook Rock Pool 6
Swim at Spook Rock Pool 9	Trip: Metlife Stadium 10	Swim at Spook Rock Pool 11	Neon Day 12	Swim at Spook Rock Pool 13
Swim at Spook Rock Pool 16	TRIP: Dave & Buster's 17	Swim at Spook Rock Pool 18	Sports Jersey Day 19	Swim at Spook Rock Pool 20
Swim at Spook Rock Pool 23	TRIP: Sportime USA 24	Swim at Spook Rock Pool 25	Tie Dye Day *Bring White T-Shirt 26	Swim at Spook Rock Pool 27
Swim at Spook Rock Pool 30	TRIP: Splashdown 31	Swim at Spook Rock Pool Aug. 1	Corey the Dribbler Wear Your Tie Dye Shirt! 2	Swim at Spook Rock Pool 3
Swim at Spook Rock Pool 6	On Site 7	Swim at Spook Rock Pool 8	Muscle Maker Grill Lunch Day 9	Swim at Spook Rock Pool 10

Director: Rob Addon	Asst. Director:	Location: Joseph T. St. Lawrence Center, Hillburn, NY	Eligibility: 6th-10th Grade Hours: 9:00am-3:00pm
---------------------	-----------------	---	---

Sports Conditioning Explanations

Dave & Buster's

Tuesday, July 17th
Regular drop off & pick up
Lunch Included



Splashdown Beach

Tuesday, July 31st
Drop off: 8:30am
Pick up: 5:00pm
Bring bathing suit, towel,
sunscreen
Lunch Included

Sportime USA

Tuesday, July 24th
Regular drop off & pick up
Lunch Included

Metlife Stadium

Tour & Field Practice
Tuesday, July 10th
Regular drop off & pick up
Bring Lunch

CHILDREN MUST WEAR THEIR CAMP SHIRTS ON TRIP DAYS



Important Dates:

July 12– Neon Color Day; begin in white, end in an explosion of neon colors!

July 19– Sports Jersey Day; wear your favorite team's jersey or t-shirt

July 26– Tie Dye Day; bring a white t-shirt in a gallon zip lock bag

August 9– Muscle Maker Grill Lunch Day; catered lunch