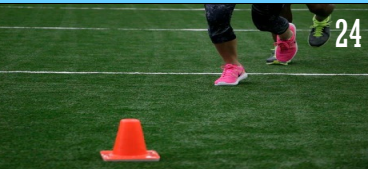




Sports Conditioning 2023

Mon	Tue	Wed	Thu	Fri
NO CAMP 3	NO CAMP Happy 4th of July! 4	First Day of Camp! 5	Swim at Spook Rock Pool 6	Handball Tournament 7
TRIP: Sky Zone 10	Swim at Spook Rock Pool 11	School Spirit Day 12	Swim at Spook Rock Pool 13	Kickball Tournament 14
TRIP: Dave & Buster's 17	Swim at Spook Rock Pool 18	Jersey Day 19	Swim at Spook Rock Pool 20	Tie Dye Day 21
 24	Swim at Spook Rock Pool 25	TRIP: NY Boulders Baseball Games 26	Swim at Spook Rock Pool 27	Gaga Ball Tournament 28
TRIP: Splashdown Beach 31	Swim at Spook Rock Pool Aug. 1	Neon Day 2	Swim at Spook Rock Pool 3	Wiffleball Tournament 4
TRIP: Powerhouse Studio 7	Swim at Spook Rock Pool 8	Wear Your Tie Dye! 9	Swim at Spook Rock Pool 10	End of Camp Pizza Party! 11

Director: Rob Addon	Registration Information: (845)357-6100	Location: JTS Center, Hillburn, NY	Eligibility: 6th-10th Grade Hours: 9:00am-3:00pm
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Sports Conditioning Explanations

SKY ZONE

Monday, July 10th
Bring Lunch
*Sky Socks will be
Provided.

DAVE & BUSTER'S

Monday, July 17th
Lunch Included

SPLASHDOWN BEACH

Monday, July 31st
Drop off 8:30am
Pick up: 5:30pm
Lunch Included
Bring bathing suit, towel,
sunscreen, & change of clothes.

POWERHOUSE STUDIO

Monday, August 7th
Lunch Included

NEW YORK BOULDERS BASEBALL GAME

Wednesday, July 26th
Lunch Included - Regular Drop off & Pick up Times

CAMPERS MUST WEAR THEIR CAMP T-SHIRT ON TRIP DAYS



Additional Calendar Notes:

Sports Jersey Day: Wear your favorite sports team T-shirt or Jersey to camp!

Tie Dye Day: Bring in a white t-shirt and a gallon zip lock bag by July 21st

End of Camp Party: Lunch will be provided for campers on this day. Bring drink/water.