



## Full Day Camp for Fit Minds *and* Fit Bodies!

### Daily Schedule:

9am Dropoff at FasTrackKids 307 E. 84<sup>th</sup> Street, between 1<sup>st</sup> and 2<sup>nd</sup> Avenues

8:55 – 9:15 Arrivals, free play

9:15 - 10:30 Smartboard, experiments, crafts, group activities

10:30-10:45 Snack break

10:45-11:45 Smartboard, experiments, crafts, group activities

11:45-12:00 Wrap up/review of day

12:00-12:45 Van transport to The Sports Club/LA and lunch upon arrival

12:45 - 3:00 Activities will rotate but will include rock climbing, dodge ball, indoor hockey, soccer, basketball, bounce house, yoga, sports relays, tug of war, water play on roof deck, and swimming.

3pm Pickup from The Sports Club/LA, 330 East 61<sup>st</sup> Street between 1<sup>st</sup> and 2<sup>nd</sup> Avenues, 5th Floor.

Lunch: Please send a nut-free lunch daily.

Clothing: Please dress your child in comfortable clothing appropriate for active wear and send swimwear so your child can participate in water play and swimming. Your child will need a swim cap, a pair of sneakers and socks for activities at The Sports Club/LA.

### FasTrackKids contact information:

Kat Murphy

212-737-3344

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### The Sports Club/LA contact information:

Danta Chapman

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