







Sports Conditioning 2024

Mon	Tue	Wed	Thu	Fri
July 8 First Day of Camp	9 Swim at Spook Rock Pool	 10	11 Swim at Spook Rock Pool	12 Fitness Friday
15 Trip: The Castle Fun Center	16 Swim at Spook Rock Pool	17 Capture the Flag	18 Swim at Spook Rock Pool	19 Tie Dye Day
22 Trip: Six Flags Great Adventure	23 Swim at Spook Rock Pool	 24	25 Swim at Spook Rock Pool	26 Fitness Friday
29 Trip: SkyZone Trampoline Park	30 Swim at Spook Rock Pool	31 Olympics	Aug. 1 Swim at Spook Rock Pool	2 Olympics
5 TRIP: GolfZon Palisades Mall	6 Swim at Spook Rock Pool	 7	8 Swim at Spook Rock Pool	9 Fitness Friday
12 TRIP: Dave & Buster's	13 Swim at Spook Rock Pool	 14	15 Swim at Spook Rock Pool	16 Last Day of Camp Pizza Party

Director:
Rob Addon

Registration Information:
(845)357-6100

Location:
JTS Center, Hillburn, NY

Eligibility: 6th-10th Grade
Hours: 9:00am-3:00pm

Sports Conditioning Explanations

<p>The Castle Fun Center Monday, July 15th Regular drop off & pick up time Lunch Included</p>	<p>Six Flags Great Adventure Jackson, NJ Monday, July 22nd Drop off: 7:30 am Pick up: 7:00 pm Meal Voucher Included</p>
<p>SkyZone Trampoline Park Monday, July 29th Regular drop off & pick up time Bring Lunch</p>	<p>TBD Monday, August 5th Regular drop off & pick up time</p>
<p>Dave & Busters Monday, August 12th * Regular drop off & pick up time * Buffet Lunch Included * \$20 Power Card Included * Unlimited Video Game Play</p>	

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 18th**

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