

Sports Conditioning 2022



Mon	Tue	Wed	Thu	Fri			
July 4 NO CAMP Happy 4th of July!	5 First Day of Camp Red, White & Blue Day	6 Swim at Spook Rock Pool	7 	8 Swim at Spook Rock Pool			
11 Swim at Spook Rock Pool	12 Tie Dye Day	13 Swim at Spook Rock Pool	14 TRIP: Skyzone	15 Swim at Spook Rock Pool			
18 Swim at Spook Rock Pool	19 Neon Day	20 Swim at Spook Rock Pool	21 TRIP: Dave & Buster's	22 Swim at Spook Rock Pool			
25 Swim at Spook Rock Pool	26 Kickball Tournament	27 Swim at Spook Rock Pool	28 TRIP: Lake Compounce	29 Swim at Spook Rock Pool			
Aug. 1 Swim at Spook Rock Pool	2 Handball Tournament	3 Swim at Spook Rock Pool	4 TRIP: Treescapes Aerial Adventure Park	5 Swim at Spook Rock Pool			
8 Swim at Spook Rock Pool	9 Wiffleball Tournament	10 Swim at Spook Rock Pool	11 	12 Swim at Spook Rock Pool & 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

SKYZONE

Thursday, July 14th
Bring Lunch
*Sky Socks will be
Provided.

DAVE & BUSTER'S

Thursday, July 21st
Lunch Included

LAKE COMPOUNCE

Thursday, July 28th
Lunch Included
Bring bathing suit, towel,
sunscreen, & change of clothes.

TREESCAPE AERIAL ADVENTURE PARK

Thursday, August 4th
Regular Camp Hours
Bring Lunch

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 12th

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