

CHELSEA PIERS

Summer Camp Sample Schedules

Preschool Camp

Preschool Gymnastics	
8:45 AM	Campers Arrive
9:00 AM	Warm Up
9:15 AM	First event
10:00 AM	Second event
10:45 AM	Snack
11:00 AM	Arts & Crafts/Story Time
11:45 AM	Prepare for dismissal

Preschool Ice Skating	
8:30 AM	Campers Arrive
9:00 AM	On ice
10:20 AM	Off ice
10:45 AM	Snack
11:00 AM	Arts & Crafts
11:30 AM	Story Time/Sing Along
11:45 AM	Prepare for dismissal

Junior Camp

Junior Gymnastics	
8:45 AM	Campers Arrive
9:00 AM	Warm Up
9:15 AM	First event
10:00 AM	Second event
10:45 AM	Snack
11:00 AM	Arts & Crafts/Story Time
12:00 PM	Lunch
12:45 PM	Third Event
1:45 PM	Prepare for dismissal

Junior Ice Skating	
8:30 AM	Campers Arrive
9:00 AM	On ice
10:20 AM	Off ice
10:45 AM	Snack
11:00 AM	Arts & Crafts
11:30 AM	Story Time/Sing Along
12:00 PM	Lunch
12:45 PM	On ice
1:45 PM	Prepare for dismissal

Junior Hockey	
8:30 AM	Campers Arrive
9:00 AM	On ice
10:20 AM	Off ice
10:45 AM	Snack
11:00 AM	Arts & Crafts
11:30 AM	Story Time/Sing Along/Games
12:00 PM	Lunch
12:45 PM	On ice
1:45 PM	Prepare for dismissal

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Full-Day Camp

Gymnastics Girls	
8:45 AM	Check In & Warm Up
9:00 AM	Vault/Tumble Track
9:35 AM	Dance
10:20 AM	Bars
10:55 AM	Floor
11:45 AM	Lunch
12:45 PM	Recreational Period
1:45 PM	Small Group Game
2:15 PM	Balance Beam
2:50 PM	Trampoline
3:45 PM	Check Out

Gymnastics Boys	
8:45 AM	Check In & Warm Up
9:00 AM	Floor
9:35 AM	Rings/High Bar
10:20 AM	Vault
10:55 AM	Pommel Horse/Parallel Bar
11:45 AM	Recreational Period
12:45 PM	Lunch
1:45 PM	Small Group Game
2:15 PM	Parkour
2:50 PM	Trampoline & Conditioning
3:45 PM	Check Out

Ninja + Parkour	
8:45 AM	Check In & Warm Up
9:00 AM	Ninja/Parkour Rotation 1
10:30 AM	Balancing Games & Trampoline
10:45 AM	Ninja/Parkour Rotation 2
11:45 AM	Lunch & Recreational Period
2:00 PM	Ninja/Parkour Rotation 3
3:30 PM	Parkour Course
3:45 PM	Check Out

Sports Academy	
8:45 AM	Check In & Warm Up
9:00 AM	Sports Rotation 1 (Soccer, flag football, etc.)
11:45 AM	Lunch & Recreational Period
1:00 PM	Sports Rotation 2 (Basketball, volleyball, gaga, waterslide)
2:15 PM	Sports Rotation 3 (Floor hockey, mini tournaments, color war games)
3:45 PM	Cool Down & Check Out

Basketball	
8:45 AM	Check in & warm up
9:00 AM	Drills
10:15 AM	Snack
10:30 AM	Drills
11:45 AM	Lunch
12:45 PM	Recreational Period
1:45 PM	Drills
2:45 PM	Scrimmage
3:45 PM	Check Out

Ice Hockey	
8:30 AM	Check in & put on gear
9:00 AM	On-ice training
10:30 AM	Off-ice training
12:00 PM	Lunch
1:00 PM	Recreational Period
2:30 PM	On-ice instruction
3:45 PM	Check Out

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Full-Day Camp (cont.)

Ice Skating	
8:30 AM	Check In
9:00 AM	On-ice group lesson
9:45 AM	Free skate
10:20 AM	Skates off and snack
10:50 AM	Off-ice movement class (yoga, dance, ballet, etc.)
12:00 PM	Lunch
1:00 PM	On-ice lesson/Practice time
2:20 PM	Off-ice movement class (yoga, dance, ballet, etc.)
3:45 PM	Check Out

Golf	
8:30 AM	Check in & warm up
9:00 AM	"Beat the Pro" Putting Contest
9:30 AM	Instruction on Driving Range
10:30 AM	Snack
11:00 AM	Golf 101 Class
12:00 PM	Lunch and Recreation Period
1:00 PM	Putting Drills/Simulator Play
3:00 PM	Long Drive Contest/Closest to the Pin Contest
3:45 PM	Check Out

Elite Soccer	
8:30 AM	Check In
9:00 AM	Speed and Agility
9:35 AM	Shooting and Finishing
10:20 AM	Individual Ball Work
11:45 AM	Lunch
12:45 PM	Recreational Period
1:45 PM	Skill Review
2:00 PM	Scrimmaging and Group Work
3:45 PM	Check Out

Urban Adventure	
8:30 AM	Check In
9:00 AM	Good Morning Ice Breakers
9:30 AM	Athletic Warm Up
10:00 AM	Volleyball/Basketball/Sport Activity
11:00 AM	Kayaking/Paddle Boarding/Sailing (Activity depends on day)
12:00 PM	Lunch
12:45 PM	Recreational Period
1:45 PM	Rock climbing, athletic conditioning, etc. (Activity depends on day)
2:45 PM	Court Sports
3:30 PM	Cool Down
3:45 PM	Check Out

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Elite Training Camps

APEX Ice Skating	
APEX Camp AM: 8:00 AM - 12:30 PM	
8:00 AM - 12:30 PM	On Ice Training
9:15 AM - 10:00 AM	Off Ice Class
10:30 AM - 12:20 PM	On Ice training (25 mins group lesson, practice and private lessons)
12:30 PM	Check Out
APEX Camp PM: 10:30 AM - 3:50 PM	
10:30 AM - 12:20 PM	On Ice training (25 mins group lesson, practice and private lessons)
12:30 PM - 1:45 PM	Lunch Time (bring your own lunch)
1:50 PM - 2:20 PM	Off Ice Class
2:30 PM - 3:50 PM	On Ice Training (practice and private lessons)
4:00 PM	Check Out

Champions Ice Skating	
8:30 AM - 4:00 PM	
9:00 AM - 10:00 AM	Off Ice Training
10:30 AM - 12:20 PM	On Ice Training (25 mins group class, practice and private lessons)
12:45 PM - 1:30 PM	Lunch Included
1:50 PM - 2:20 PM	Off Ice Training
2:30 PM - 3:50 PM	On Ice Training (25 mins group class, practice and private lessons)
4:00 PM	Check Out