

Advantage Sports

Sports Conditioning Camp

S u m m e r W o r k s h o p

Learn & Enhance your Sporting Skills! Gear up for Summer Fun!

Join the Sports Conditioning Workshop, offered at

Cresskill Recreation Center

When: 27th June to 1st July, 11th July to 29th July - 4 weeks. (no sessions on 4th July week),
3.15pm - 5.15 pm

Where: Cresskill Recreation Center, Cresskill, NJ

Who: Students entering K - 6th Grade

Why: The purpose of the camp is to introduce the fundamentals of Ping Pong and other sports, techniques, skill building and team bonding

Dress Code: Loose fitting t-shirts, shorts, Tennis shoes, socks and NO JEWELLERY

Includes: Workshop includes **T-shirt and drinks**, Camp concludes with Ping Pong **Tournament, Prize Distribution** and Training Completion **Certificate**. Parents are encouraged to attend the Tournament/Prize Distribution and cheer all participants

Weekly Program Schedule (Ping Pong sessions with advanced Robot!)

Monday: **Ping Pong**

Tuesday: **Ping Pong and Soccer / Yoga**

Wednesday: **Ping Pong**

Thursday: **Ping Pong and Basketball**

Friday: **Ping Pong and Soccer**

For more information, call Cresskill Recreation Center @ 201- 816 8065

Make checks payable to Borough of Cresskill