

Healthplex Sports Club

Summer Fun Camp Sample Schedule

9:00a.m. – 4:00 p.m. Ages 5-12 yrs. old



CROZER-KEYSTONE
HEALTHPLEX®
SPORTS CLUB

Monday

9-10am KidZone
10-11am Tennis
11-12pm Dodgeball
12-1pm Lunch
1-2pm Yoga
2-3pm Basketball
3-4 pm Swimming

Tuesday

9-10am KidZone
10-11am Hockey/Scooter
11-12pm Walleyball
12-1pm Lunch
1-2pm Workout w/Trainer
2-3pm Coach Pick
3-4 pm Swimming

Wednesday

9-10am KidZone
10-11am Tennis
11-12pm Soccer
12-1pm Lunch
1-2pm Drums Alive
2-3pm Lacrosse
3-4 pm Swimming

Thursday

9-10am KidZone
10-11am Capture the Flag
11-12pm Kickball
12-1pm Lunch
1-2pm Dance
2-3pm Run the Bases
3-4pm Swimming

Friday

9-10am KidZone
10-11am Tennis Racquet Baseball
11-12pm Football
12-1pm Lunch
1-2pm Gladiator Dodgeball
2-3pm Relay Races/Moonbounce
3-4 pm Swimming

