



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**MVP
ROOKIES
AGES 4-5**

**MVP
ALL STARS
AGES 6-7**

**MVP
CHAMPIONS
AGES 8-9**

**MVP
DREAM TEAM
AGES 10-12**

7:30-9:15am - Campers Arrive
9:15-9:30am - Camp Community
9:30-9:40am - Rotation
9:40-10:15am - Athlete Training
10:15-10:25am - Rotation
10:25-11:00am - Head to Head Games
11:00-11:10am - Rotation
11:10-11:45am - Skills & Drills
11:45-12:20pm - Lunch
12:20-12:45pm - Playground
12:45-1:40pm - Group Time
1:40-2:10pm - Change for swim
2:15-2:55pm - Swimming!
2:55-3:15pm - Change from swim
3:15-3:45pm - All Camp Activity
3:45-4:00pm - Snack / Community
4:00-6:00pm - Campers Depart

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AM Rotations (Training, Games, and Skills) are lead by a Camp Activity Leader/Specialist

Group Time is a counselor and camper agreed upon structured activity All Camp Activity is when Discovery & MVP come together for a large group activity based around the theme

subject to change due to weather, other schedules, or camp enrollments

A DAY AT MVP CAMP!

PRINCETON FAMILY YMCA