



THRIVE FIELDHOUSE SUMMER SPORTS CAMPS

All Coaches have completed Safe Sport Training and State and FBI Background Checks



Half Day Camps

9:00 AM to 12:30 PM

Ages 5 and older

\$265 per week



June 17th - June 21st - Mixed Sports

July 1st - 3rd - Soccer

July 1st - 3rd - Lacrosse

July 15th to July 19th - Lacrosse

July 15th to July 19th - Mixed Sports

July 29th - August 2nd - Field Hockey

July 29th - August 2nd - Lacrosse

August 5th to Aug 9th - Soccer

Aug 19th to Aug 23rd - Mixed Sports

To Register go to: www.ThriveGym.org



Thrive's Summer Camps are designed to help children improve their skills, gain experience in competitive play and develop confidence in their sport!

Camp Activity Schedule:	
9 to 9:15	- Warm Up & Motivational Talk
9:15 to 10:00	- Skill work
10:00 to 11:00	- Game play/Speed and
11:00 to 11:30	- Snack/Motivational Talk
11:30 to 12:15	- Game Play/Skill work
12:15 to 12:30	- Cool Down and Closing Talk



THRIVE FIELD HOUSE SUMMER LEAGUES

Athletes must provide their own protective gear.

Thrive's Summer Sports leagues give athletes a chance to gain competitive play experience, participate in speed and agility training and focus on skill development all in one evening. This one of a kind experience is the summer training option that will result your athlete gaining confidence in their skills, game play and physical abilities.



June 26th to August 25th
8 week session

Field Hockey -

Mondays 5:00 to 6:15 PM (Ages 5 - 7)

Mondays 6:15 to 8:00 PM (Ages 8 - 12)

Soccer -

Tuesdays 5:00 to 6:15 (Ages 5 - 7)

Tuesdays 6:15 to 8:00 PM (Ages 8 to 12)

Lacrosse -

Wednesdays 5 PM to 6:15 PM (Ages 5 to 7)

Wednesdays 6:15 PM to 8:00 PM (Ages 8 to 12)



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A Day In League Play At Thrive Includes:

Two 20 minute Games

One 20 minute Speed & Agility Session

One 20 minute Skills Training Session

A Mental Strength Training Exercise