



## THRIVE FIELDHOUSE SUMMER 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

\$250 per week

**June 19th - June 23rd - Mixed Sports**

**June 26th to June 30th - Lacrosse**

**July 5th to July 7th - Soccer**

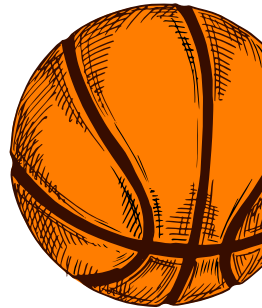
**July 17th - July 21st - Lacrosse**

**July 24th to July 28th - Field Hockey**

**Aug, 14th to Aug. 18th - Soccer**

**Aug 21st to Aug 25th - Mixed Sports**

To Register go to: [www.ThriveGym.org](http://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 Agility

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)

**To Register go to: [www.ThriveGym.org](http://www.ThriveGym.org)**

**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

