

Monday

Tuesday

Wednesday

Thursday

Friday

Kings Bay Y Swim Camp 2010

3495 Nostrand Avenue, Brooklyn, NY 11229, 718-648-7703, ext. 223
 Daniel Zeltser Camp Director dzeltser@kingsbay.org
 Eugene Prokhin Phys. Ed. and Aquatics Director eprokhin@kingsbay.org

- We do two trainings per day, every day!!!
- Both water and land training

- Daily skill, physical, and cardio development
- Two water training sessions daily!!!

WELCOME AND TESTING WEEK



28-Jun
LAST DAY OF SCHOOL!



29-Jun
WELCOME DAY!

ICEBREAKERS AND TESTING



30-Jun
RED, WHITE AND BLUE BBQ
Beach workout
Beach Fun



1-Jul
WET AND WILD DAY
1st Training Session



2-Jul
TRIP DAY
MSG TOUR

SKILL DEVELOPMENT WEEK

5-Jul
Happy Three Day Weekend!



6-Jul
WINNERS DAY



7-Jul
VOLLEYBALL BEACH DAY
Beach workout
VOLLEYBALL GAME



8-Jul
SPORTSMANSHIP DAY



9-Jul
TRIP DAY
Bowling

BREAST STROKE BUTTERFLY WEEK



12-Jul
BREAST-STROKE DAY



13-Jul
RACE DAY



14-Jul
MARATHON DAY
Beach workout
SUN SAFETY/
GREENING EDUCATION



15-Jul
BUTTERFLY DAY



16-Jul
TRIP DAY
Bronx Zoo

INTERMEDIATE WEEK



19-Jul
SPLASH AND DASH DAY



20-Jul
SPLISHING AND SPLASHING DAY

SLEEPOVER #1



21-Jul
BASEBALL ON THE BEACH DAY
BASEBALL ON THE BEACH
Beach workout



22-Jul
CHALLENGE DAY



23-Jul
AMUSEMENT PARK DAY!
Rye Playland
Session 1 Ends

DIVE AND FLIP-TURN WEEK



26-Jul
Session 2 Begins
DIVING DAY



27-Jul
BIATHALON DAY



28-Jul
FOOTBALL BEACH DAY
FOOTBALL ON THE BEACH
Beach workout



29-Jul
SAFARI DAY



30-Jul
TRIP DAY
ATLANTIS MARINE WORLD

CARDIO BUILDING AND FLIPPERS WEEK



2-Aug
ROUGHING IT DAY



3-Aug
MUSCLE HUSTLE DAY



4-Aug
ISRAELI STYLE BBQ ON THE BEACH
Beach workout
BEACH RACE!!!!!!



5-Aug
ARMY DAY



6-Aug
TRIP DAY
IMAX

SWIM TEAM PREP WEEK



9-Aug
TEAMWORK DAY



10-Aug
DREAM TEAM DAY



11-Aug
CHAMPION DAY
Beach workout



12-Aug
MICHAEL PHELPS DAY



13-Aug
WATER PARK DAY!
Splash Splash
*Late Pick-Up

OLYMPICS WEEK



16-Aug
OLYMPICS DAY



17-Aug
GOLD MEDAL DAY

SLEEPOVER #2

18-Aug
FUN IN THE SUN DAY

Beach Olympics



19-Aug
CAMP AWARD DAY
ANNUAL GALA,
7PM @ KBY
(SEMI-FORMAL ATTIRE)



20-Aug
FAREWELL DAY
Funstation

CAMP FAREWELL ACTIVITIES

CALENDAR IS SUBJECT TO CHANGE