



2127 Albany Post Road
Montrose, NY 10548

Natalie Zeno Director

Natalie is a Youth Fitness Specialist with over 20 years of experience in childcare and youth programming. As a mom of three and First Aid & CPR certified, she is passionate about creating a safe, active and engaging environment for kids.

Natalie and our dedicated staff provide children with a fun-filled month of swimming, games, fitness, arts & crafts, indoor activities, and more!



**Spots fill quickly - secure your child's summer adventure today!*

Follow on Instagram

@premierathleticclub



AUGUST SPORTS CAMP

2026



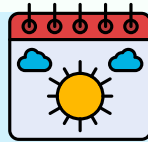
Natalie Zeno

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PREMIER ATHLETIC CLUB | NY

(914) 739-7755

★ Daily Adventure Schedule ★



2026 Camp Dates

- Week 1 : August 3 - August 7
- Week 2 : August 10 - August 14
- Week 3: August 17 - August 21
- Week 4 : August 24 - August 28



-  9-9:30 am Arrival + Icebreaker Games, Board Games & Relay Challenges
-  9:30-10 :30 am Creative Crafts and Team Games
-  10:30-11 am Playground Fun
-  11-11:45 am Free Swim
-  11:45 am-12:15 pm Outdoor Play
-  12:15-1 pm Lunch & Recess
-  1-2 pm Games and Sports
-  2-2:45 pm Indoor Swim (Swim Lessons offered 2x/week!)
-  2:45-3 pm Wrap Up & Dismissal

Total # of Weeks _____

Full Day _____

AM Half Day _____

PM Half Day _____

Total Price \$ _____

Hours and Pricing

Full Day Camp 9 am - 3 pm

Member \$425
 Non-Member \$525

Half Day Camp

9 am-12 pm *OR* 12-3 pm
 Member \$250
 Non-Member \$285

WHAT TO BRING

- Athletic Shoes
- Lunch & Snack
- Water
- Towel
- Goggles
- Bathing suit (2)
- Change of clothes

*Ask for Registration Packet at front desk or print from our website. Completed registration packet is required to secure your child's spot.