

2025

# SUMMER CAMP



## GRIT EXPLORER CAMP



JUNE 9 TO  
SEPTEMBER 5TH





# GRIT Explorer and Adventure Camp

JUNE						
S	M	T	W	T	F	S
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JULY						
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AUGUST						
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24	25	26	27	28	29	30
31	1	2	3	4	5	

**Only Day Camp  
in Downtown  
JC that is open  
from June -  
Sept**

\*Camp week pro-rated for 4 days

**Transportation** is offered on a first come, first served weekly basis from specific pick-up and drop-off locations in Jersey City and Hoboken. Please contact us for the locations and costs.

Limitations:

- No discounts for transportation
- No partial weeks
- Drop-ins (only if space available)

## All New & Returning Campers Join Us for Our Open Houses\*

[RSVP Required]

**Sunday, May 4th  
2:00-5:00pm**

RSVP for the specific date and timeframe you plan to attend.

\* Check out the Pricing Sheet for Winter & Early Bird Discounts before they expire!



## GRIT Explorer Camp

201 Marin Blvd, Jersey City, NJ 07302  
201.596.6626 | info@gritsportstraining.com

For More Camp Activity Announcements & Highlights  
~ Follow us  @grit\_jc

Have a 13-15 yr old looking for summer work experience?  
Check out GRIT's CIT (Coach in Training) Program



SUMMER 2025

# GRIT EXPLORER CAMP!

ENROLL NOW!



FOR 3-5 YR OLDS  
ACTIVE EXPLORATION





# GRIT EXPLORER SUMMER CAMP

**Ages 3-5 yr | 9:00am-1:30pm | CORE Camp**

**Ages 3-5 yr | 9:00am-4:00pm | CORE Extended Day**

Location: GRIT Sports Training, 201 Marin Blvd, Jersey City, NJ 07302

**13 WEEKS: JUNE 9TH--SEPTEMBER 5th (PICK & CHOOSE YOUR DAYS/WEEKS!)**

Spend the ultimate summer  
with **GRIT EXPLORER 2025!**

GRIT has you covered with a host of fun outdoor activities including **Parkour, Ninja Obstacle Course Racing, Soccer, Field Sports, Skateboarding, Basketball, Gymnastics, Local Field Trips, and more!**

This year we are adding even more activities and options to the mix!

No two days at **GRIT** are ever the same!

**GRIT Explorer** offers CORE Camp and CORE Extended Day options all designed to be built around your schedule and specifically for young campers!

Register by the day, week, or spend the entire summer with us!

Daily camp comprises of multiple games/activities/competitions at stations around GRIT's Explorer Camp.

Mixing climbing, parkour, gymnastics, and functional movements with fun and competitive games and team events!



## ACTIVITIES INCLUDE:

- PARKOUR+ NINJA
- GYMNASTICS
- ROCK WALL CLIMBING
- SKATEBOARDING
- FIELD SPORTS
- OUTDOOR EXPLORATION
- BASKETBALL
- SOCCER
- ACADEMIC ENRICHMENT
- ARTS & CRAFTS
- STEM/ STEAM ACTIVITIES
- and WATER PLAY!



## What's Included:

- GRIT Summer Camp T-shirt (additional T-Shirt can be purchased on our SWAG store!)

## What to Pack:

- Lunch\* & Snacks
- Sunscreen
- Swimsuit/Towel/Goggles
- Water Bottle

Don't have time to pack a lunch? You can now order lunch via our partner [SimplyGourmetlunches.com](https://www.simplygourmetlunches.com) on their app!



**PLAY SPORTS | BUILD FRIENDSHIPS | GROW CONFIDENCE**

**QUESTIONS? PLEASE CONTACT US AT: (201) 596-6626**





# GRIT EXPLORER SUMMER CAMP

**Ages 3-5 yr | 9:00am-1:30pm | CORE Camp**

**Ages 3-5 yr | 9:00am-4:00pm | CORE Extended Day**

Location: GRIT Sports Training, 201 Marin Blvd, Jersey City, NJ 07302

**12 WEEKS: JUNE 10TH - SEPTEMBER 6th (PICK AND CHOOSE YOUR DAYS/WEEKS)**

## CAMP HOURS MONDAY- FRIDAY

CORE	9:00am - 1:30pm
CORE Extended	9:00 am - 4:00pm
Early Drop off	8:00am - 8:30am
Aftercamp	4:00pm - 6:00pm

## SAMPLE SCHEDULE

8:30 - 9:00am	Dropoff/Group Mtg
9:00 - 10:30am	Morning Activity 1
10:30 - 11:00am	Snack & Break
11:00 - 12:00pm	Morning Activity 2
12:00 - 1:00pm	Lunch
1:00 - 1:30pm	CORE Camp Pick-Up
1:30 - 2:30pm	Afternoon Activity 1
2:30 - 3:00pm	Snack & Break
3:00 - 4:00pm	Afternoon Activity 2
4:00	Wrap Up/Pick Up

## PRICING

CORE Weekly	\$499/week
CORE Extended Weekly	\$579/week
Single Day (M -Th only)	\$149/day

*Early Morning Drop Off @ 8AM  
and After Camp till 6pm also available*

### Early Drop-off and AfterCamp

Early Drop off is \$20 per day or \$75 per week if paid in advance. Aftercamp is also available. You can drop off between 8:30-9:00am at no charge. Please contact GRIT if you need late pick-up and we will work to accommodate. 4th of July week campers will have a camp day added for the 4th.

- Activities are swiched up each day depending on the weather. Campers are put into age appropriate teams each morning and follow a flexible structured calendar of activities and competitions daily. All schedules can be viewed on our GRIT Adventure Camp App (must be registered at camp)
- WaterPlay will be held outdoors on Tuesday/Thursday and Friday ( weather permitting)
- Our goal is to be outdoors as much as possible!
- To provide a new experience each day 3 Sports and 1 STEM/Enrichment and/or Arts & Crafts per day. .
- First 2 weeks and the last 2 weeks of the season will be held at GRIT's Marin Campus for all campers.
- All Campers must be potty trained!





# GRIT Explorer Camp



The Explorer Camp keeps your preschooler active and engaged in fun, skill-building activities that change daily and weekly.

Campers enjoy age-appropriate games designed to develop their abilities while having a blast!

**Activities include Ninja / Parkour Obstacles, Gymnastics, arts & crafts, STEM Projects, field sports, and more. Every day is a world of Exploration!**

## AGE

3 to 5 years (must be 3 by June 9th) **Must Be Potty Trained**

## TWO EXPLORER CAMP OPTIONS:

EXPLORER CORE CAMP Time: 9:00 - 1:30pm

EXPLORER EXTENDED DAY CAMP Time: 9:00 - 4:00pm

Day schedule: [Schedule is Sample only]

9:00am	Drop Off & Counselor Welcome
9:30am	Arts & Crafts / STEM Activities
10:30am	Field Games
11:30pm	Lunch
12:30pm	Ninja
1:30pm	Pick up for Explorer CORE Campers
1:30pm	Dance/ Gymnastics or Quiet Time
2:30pm	Field Games
3:30pm	Arts & Crafts/ Coding Class
4:00pm	Pick up for Explorer CORE Extended Day



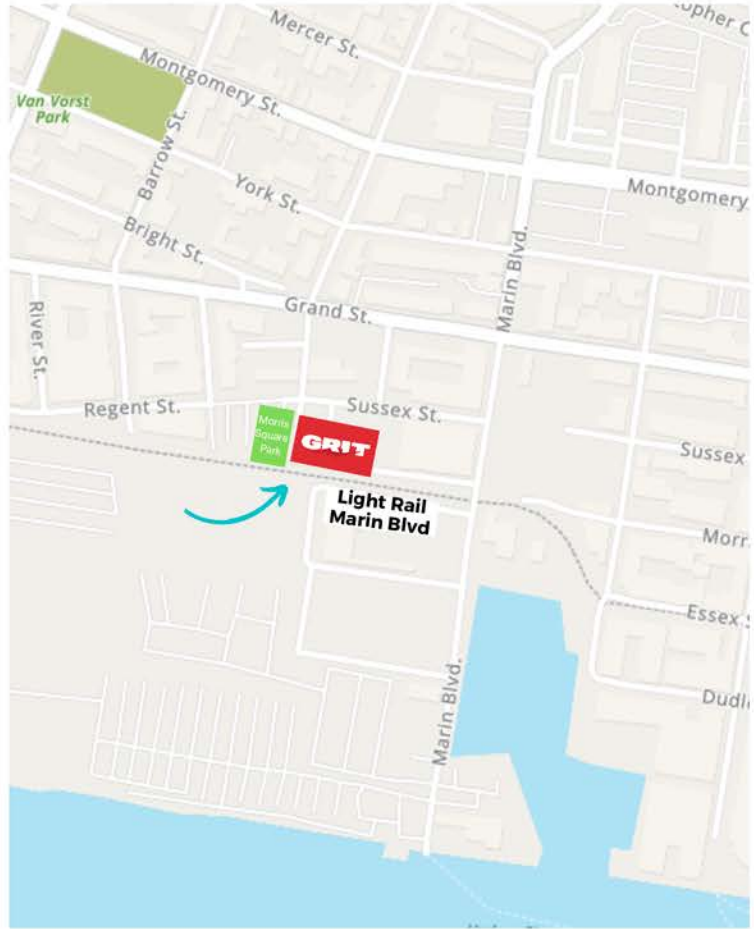


# EXPLORER CAMP ADVENTURE CAMP

Morris Square Park 201 Marin Blvd Jersey City NJ 07302

GRIT is located in the GRIT Sports Training facility. This 5000 sq foot gym includes a rock climbing wall, obstacle course floor, basketball hoops, Parkour and Ninja equipment, sprinter track, arts & crafts room and more.

Located right across the street from Morris Square Park, GRIT Camp provides the perfect setting for a great summer of exploration, new friendships and personal growth



**PLAY SPORTS | BUILD FRIENDSHIPS | GROW CONFIDENCE**

**QUESTIONS? PLEASE CONTACT US AT: (201) 596-6626**

# 13 WEEK SUMMER DAY CAMP

MONDAY - FRIDAY

June 9 - September 5



**Kids want camp, not to return to school for the summer! GRIT provides a fantastic summer day camp experience with top-notch facilities, great coaches, and the highest quality of summer sports activities combined with academic enrichment in Jersey City. From PreK to advanced level activities, campers are able to pursue their passions and fuel their athletic and academic potential all while making life long friends!**

GRIT is expanding its offerings with more sports, more skateboarding, more Basketball, and more FUN!

## Summer Camp Dates:

Week 1	June 9	Nature Week
Week 2	June 17	Art through the Ages
Week 3	June 26	Heros & Villians
Week 4	July 1	Stars & Stripes
Week 5	July 8	Inventors & Engineers
Week 6	July 15	All Ball
Week 7	July 22	Space & Science
Week 8	July 29	Wizards & Witches
Week 9	August 5	Spirit Week
Week 10	August 12	GRIT Olympics
Week 11	August 19	Field of Dreams/ Favorite Sports Teams
Week 12	August 26	Top Secret Mission
Week 13	Sept 2	Crazy Camp!

Our summer camp weeks are designed for fun and growth! Your camper will love GRIT!

# Fab Fridays

Ice Cream | Pizza | FUN Games | Inflatables | Live DJ | Water Battles

*Activities vary by week!*

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# CAMP PRICING 2025

Register early as spaces in each camp can reach maximum capacity for any given week!

	Daily Drop-In	Full Day Weekly
<b>GRIT Explorer Core</b>	<b>129</b>	<b>499</b>
<b>GRIT Explorer Core Explorer</b>	<b>149</b>	<b>579</b>

## JUNE 2025

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## JULY 2025

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20	21	22	23	24	25	26
27	28	29	30	31		

Note: July 4th week will be prorated retroactively by our staff

## AUGUST 2025

S	M	T	W	T	F	S
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## SEPTEMBER 2025

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28	29	30				

### EARLY DROP-OFF & AFTERCAMP

**Early Drop Off 8:00-8:30am | \$10 per day or \$50 per week**  
 Drop-off between 8:30-9:00am with no charge.  
 Camp starts at 9:00am at all locations.

**AfterCamp is offered at Explorer and Adventure Hamilton Park**  
**\$30 per day or \$150 per week**  
 Pick-up is between 4:30-6:00pm

### DISCOUNTS & Limited Time Offers

Discounts Valid **ONLY** at the time of registration and discounts can not be combined. Discounts do not apply to Aftercare. Discounts are limited time offers and expiration dates apply.  
 Please contact [info@gritsportstraining.com](mailto:info@gritsportstraining.com) for more information

### REGISTER EARLY

Multiweek discounts are provided for 4+ weeks of camp but are only applied at purchase. Call for details!  
 Prices increase on May 15th for all camps! Register early to save!

### CANCELTION/REFUND POLICY:

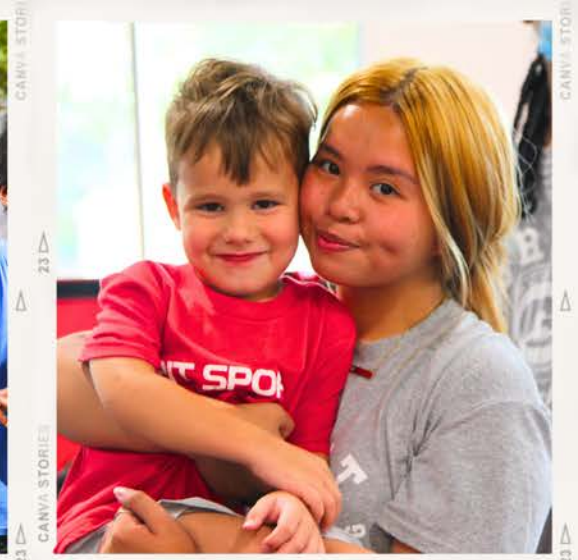
If you register for camp, then you confirm you agree with the terms and conditions set forth:

- **All Registrations are Final.**
- Summer 2025 Camp Tuition is not eligible for credits or refunds.
- There are no partial credits for missed days unless with a signed doctor's note\* (15% surcharge applies) explaining the camper's medical condition resulting in the inability to attend camp.
- Make-up days are not guaranteed and must be scheduled for before the last week of camp at your location, subject to availability.
- **BUY NOW/SAVE NOW/PLAN LATER** - Program provides ability to change dates before May 15th with one change per family. After May 15th, changes are allowed but are subject to availability with a \$50 change fee.
- We need 1+ weeks notification so we can ensure that we are staffed appropriately to honor the change. See our website for policy details.

**PLAY SPORTS | BUILD FRIENDSHIPS | GROW CONFIDENCE**

**QUESTIONS? PLEASE CONTACT US AT: (201) 596-6626**





# GRIT SPORTS TRAINING MISSION & VALUES

- 1** To help develop "GRIT" through movement and mind programs.
- 2** GRIT's structured, progressive programs and camps focus on developing strength, agility, balance, and coordination while building self-confidence.
- 3** Athletes learn that exercise is fun and part of a healthy lifestyle and that in order to succeed you must persist and be dedicated.

- 4** Every week our athletes tackle new challenges and obstacles through fun games and challenges. This teaches them they can achieve anything they put their minds to!
- 5** That's why GRIT's motto is "Never Give Up!"



**QUESTIONS? PLEASE CONTACT US AT: (201) 596-6626**



# SUMMER CAMP

## Frequently Asked Questions

### **Do I have to order lunch from Simply Gourmet?**

You may choose to bring your own lunch or order lunch from Simply Gourmet. Please note: We do not have refrigeration or microwaves for lunches brought from home.

### **What about snacks and a water bottle for my camper?**

Please pack two snacks and a reusable water bottle (with your camper's name clearly marked!)

### **Can I switch weeks after I register?**

GRIT offers parents the flexibility to switch weeks until May 15th with our [Buy Now, Save Now, Plan Later](#) program. We can also help you switch weeks later if there is room available.

### **Can I request that my child be in the same group as another camper?**

Yes. Campers who are the same age can be in the same group when registering on the same day. Note: Camp weeks and groups have maximum capacities.

### **How long does camp run?**

We offer weekly camp for 13 weeks, from Monday, June 9 through Friday, September 5th. Plan for the summer, or choose a weekly option. We do offer drop-ins when space is available

### **What time can I drop my camper off?**

Camp starts at 9:00am with drop off anytime after 8:30am.

### **What if I, or my caregivers, aren't able to pick up my camper at 4pm?**

We offer a daily or weekly "AfterCamp" option for up to two hours. The best rate is for weekly but we do offer daily "AfterCamp" as well.

### **Can I get a discount on camp?**

We offer early bird and member discounts only. A 5% sibling discount is available. Discounts are available for a limited time and must be applied at the time of registration. Discounts cannot be combined.

### **Is transportation offered?**

Transportation is offered for an extra fee on a first-come, first-serve weekly basis from specific pick-up and drop-off locations in downtown Jersey City and Hoboken. Please contact us for the locations.

### **What does my camper need to wear to camp?**

Campers should wear sneakers and athletic clothing. On Water/Swim Days, wearing a bathing suit to camp is preferred. Please pack a towel.

- Apply Sunscreen BEFORE arriving to camp.
- Bring sunscreen (with name marked) to reapply (a counselor can assist, if needed).

### **How do I find Lost Items?**

Label all clothing/towels/water bottles/sunscreen, etc. If labeled, the staff will try to return that item by end of day or the next day. Our Lost and Found is located at the front desk). Questions? Text us at 201-596-6626.

Please keep valuables at home ( No cell phones, Nintendo Switches etc)





Our Camp fosters a collaborative environment with engaging activities that boost physical coordination, build foundational sports skills, and help kids make new friends!





# SUMMER CAMP

## Optional Lunch

### About Simply Gourmet Lunch Ordering Service [Optional]

- Products that are free of trans fats, artificial preservatives, artificial colors, flavors and sweeteners.
- Farm to table- we truly live by this...all produce that can be “locally grown” is brought in fresh to us from local farmers year round; all other produce is brought in fresh daily.
- Each of your meal components can be fully customized; bringing great value to you and ensuring your child will enjoy the selections you have made.
- Our food is prepared fresh daily. We do not serve micro waved or overly processed foods; nothing is ever fried.
- Our chicken & beef products are all hormone-and antibiotic-free. We offer all natural chicken tenders; NO GMOs; NO ANTIBIOTICS!
- We feature many organic, vegetarian & gluten free options (click the “edit” button on your menu to see the many daily choices)
- Our sandwich bread is whole wheat or whole grain and delivered to us from a local bakery. We do not use frozen bread products.
- We use only products that are free of nut ingredients.
- We offer age-appropriate portion sizes.
- Please call us if you need any further assistance. 973-891-1955.



### Sample Menu Choices [vegetarian & GF options available]

**Entrees:** Nuggets, Turkey Sandwich, Hot Dog, Mixed Greens & Chicken, Pasta, bagels, etc.

**Sides:** Soft Pretzel, Carrots & dip, Corn Chips, Hummus & Pita, etc.

**Fresh Produce:** Apple, Orange, Apple Sauce, Carrots, etc.

**Drinks:** 100% Juice Capri Sun, water

**Dessert:** Optional

**Approx cost:** \$7 to \$9

PIZZA on US ~ Every Friday\*

[you may elect to order lunch from Simply Gourmet on Friday, if you prefer)



# Are You Ready for Your Camp Day?



## Camp Essentials Checklist:

- ✓ **Label Everything:** Ensure every item packed or worn has your child's name on it.
- ✓ **Footwear:** Wear sneakers (no crocs or flip flops).
- ✓ **Water Bottle:** Bring a refillable water bottle, labeled.
- ✓ **Lunch:** If packing your own, label it.
- ✓ **Snacks:** Pack 2 snacks (morning & afternoon), labeled.
- ✓ **Sunscreen:** Apply before camp, and pack spray sunscreen, labeled.
- ✓ **Clothing:** Wear athletic/active clothing, labeled.
- ✓ **Swim Essentials:** Bathing suit, towel, goggles— all labeled.
- ✓ **Ziplock Bag:** For wet clothes, labeled.

**MARK ALL  
BELONGINGS  
WITH NAME!**

**FAMOUS, FABULOUS, FUN  
FRIDAYS!**

Ice Cream Truck • Fun Games • Inflatables • Live DJ —  
activities vary! — Pizza on us — EVERY Friday!



# GRIT CAMP APP

NEW



## STAY IN THE KNOW!

Stay in the know with GRIT! We can't wait to show you all the fun things your camper is doing this Summer!

That's why we have invested in a GRIT Camp App so you can follow the fun as your camper moves from activity to activity!

See Daily Calendars, Upcoming Events, Field Day news and view/download/share pictures of your camper and their friends... memories that will last a lifetime!



### GRIT CAMP APP

- ✓ Keep up to date on camper schedules, upcoming events, and more
- ✓ Browse, download and share pictures of your camper
- ✓ Schedule reminders and updates so you can check in on the action



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@grit\_jc