

2026

SUMMER CAMP



GRIT ADVENTURE
& GRIT X CAMP



JUNE 8 TO
SEPTEMBER 11TH



GRIT Adventure & GRIT X Camp

JUNE						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

JULY						
S	M	T	W	T	F	S
			1	2	3	4
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

AUGUST/ SEPT						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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 or stop by for a FREE TRIAL CLASS!

Check our website for times and locations.

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



* Stop in for the day. Spend the week. Build for the summer!



GRIT Camps

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

**GRIT Jr. Explorer
GRIT Adventure
GRIT X**

For More Camp Activity Announcements & Highlights
~ Follow us @grit_jc

Have a 14-15 yr old looking for summer work experience?
Check out GRIT's CIT (Coach in Training) Program

WHY GRIT SUMMER CAMP?



No two days at GRIT are ever the same!

All of the outdoor exploration, sports activities, smart learning programs, and social community and confidence-building programming you have come to expect from GRIT, plus new programs, activities, and partnerships to make this the best summer ever for your child.

A host of fun activities that will improve their athletic ability and mindset!

- Ninja + Parkour
- Obstacle Course Racing
- Skateboarding
- Basketball
- Soccer/ Field Sports
- Gaga, Steal the Bacon
- Pickleball/Wiffleball/Dodgeball
- Nerf Battles
- Gymnastics
- Tennis
- Soccer, Football, Field Sports
- Water Play & more!

Plus Top Quality Summer Enrichment + Arts & Crafts:

- Creative MINDLAB Studio
- Podcasting, Video Production, Tshirt Design, Stop Motion Animation, STEAM Projects, Lego Robotics, and more!
- Summer Enrichment Programs via JEI Learning



PLAY SPORTS | BUILD FRIENDSHIPS | GROW CONFIDENCE

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

SUMMER 2025

GRIT

ADVENTURE CAMP!

For 6 to 9 yrs

Lets
Go!



PLAY SPORTS | BUILD FRIENDSHIPS | GROW CONFIDENCE



GRIT ADVENTURE

Move Faster, Think Bigger, Explore More

Ages 6-9 yrs | 8:00am- 6:00pm

Location: GRIT Adventure Camp 201 Marin Blvd Jersey City, 07302

13 WEEKS: JUNE 8TH- -SEPTEMBER 11th* (PICK & CHOOSE YOUR DAYS/WEEKS)

Spend the ultimate summer with
GRIT Adventure Camp 2025!

For kids who are ready to LEVEL UP their summer.

It's not free-range chaos.
And it's not rigid instruction.

It's Intentional Fun!

Each Week Blends:

- High-Energy Sports
- Skill-Building Athletic Training
- Outdoor Exploration
- Creative Problem Solving
- MindLab Challenges that make kids think
- Team-Based Games & Adventures
- Epic Fridays with field days, pizza and surprises!

No two days at **GRIT** are ever the same!
Weekly themes and daily challenges keep things fun and challenging!

Designed to be built around your schedule and specifically to bring a fun and rewarding summer camp experience that's close to home.

Come for the day. Stay for the week. Or build the entire summer with us!

ACTIVITIES INCLUDE:

- PARKOUR + NINJA
- GYMNASTICS
- SPORTS TRAINING
- SKATEBOARDING
- FIELD SPORTS
- FIELD TRIPS
- TENNIS
- OUTDOOR EXPLORATION
- BASKETBALL
- SOCCER
- STEAM/STEM Challenges
- ARTS & CRAFTS
- MINDLAB Studio
- Weekly Field Trips & Special Experiences

What's Included:

- GRIT Summer Camp T-shirt (additional T-Shirts can be purchased for \$25)

What to Pack:

- Lunch* & Snacks
- Sunscreen
- Water Bottle

Don't have time to pack a lunch? You can now order lunch via our partner [Simplygourmetlunches.com](https://www.simplygourmetlunches.com) and it will be delivered to your camper daily.



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GRIT X

CREATE. MOVE. LEAD. REPEAT.

Ages 10-13 yrs | 8:00am- 6:00pm

Location: 201 Marin Blvd Jersey City, 07302

13 WEEKS: JUNE 8TH- -SEPTEMBER 11th*

Our most independent and creative camp experience. Designed for older campers ready for more freedom and responsibility. It's not free-range chaos. And it's not rigid instruction.

It's Intentional Fun

Each week blends:

- High-Energy Sports
- Skill-Building Athletic Training
- Outdoor Exploration
- Creative Problem Solving
- MindLab Challenges that make kids think
- Team-Based Games & Adventures
- Leadership and collaboration training
- Epic Fridays with field days, pizza and surprises!

Campers build real skills, work on real projects, and finish the week with something they created- together.

What Makes GRIT X different:

Campers choice & projects tracks
Dedicated MindLAB time
Mentor style coaching
Real Independence (within structure)
Content kids actually want to make

This is the camp kids talk about - not just attend

ACTIVITIES INCLUDE:

- **PARKOUR + NINJA**
- **GYMNASTICS**
- **SPORTS TRAINING**
- **SKATEBOARDING**
- **FIELD SPORTS**
- **FIELD TRIPS**
- **TENNIS**
- **OUTDOOR EXPLORATION**
- **BASKETBALL**
- **SOCCER**
- **ACADEMIC ENRICHMENT/ STEM**
- **ARTS & CRAFTS**
- **MINDLAB**
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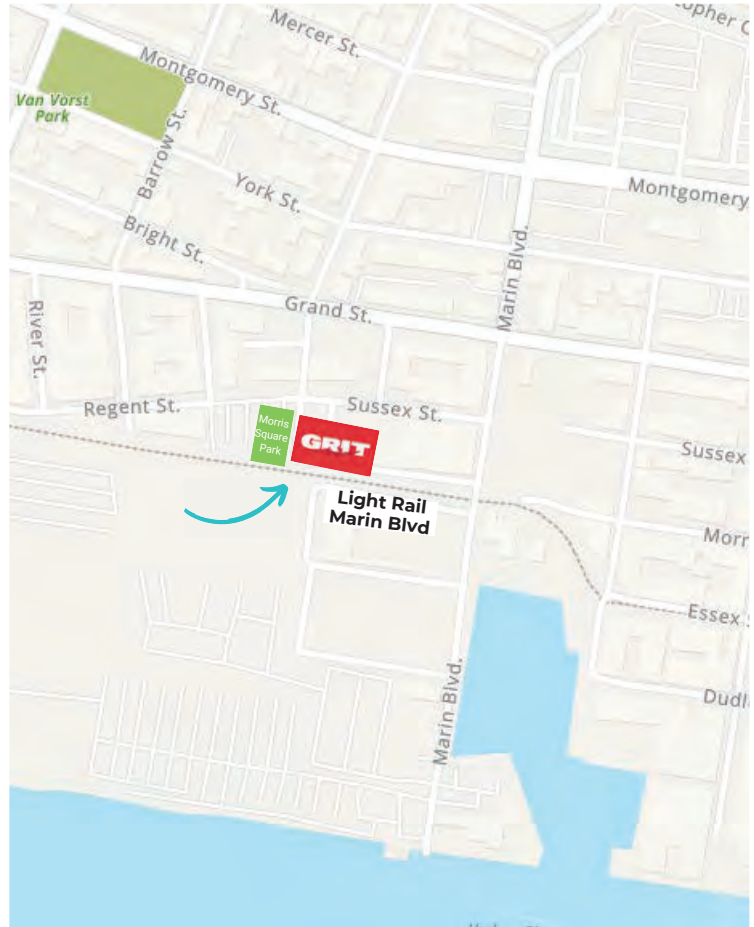
GRIT ADVENTURE CAMP

GRIT X 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, a sprinter track, MindLab Studio, arts & crafts and more.

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



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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 14 weeks, from Monday, June 8 through Friday, September 11th. 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 doors open at 8:00am to provide parents time to get to work.

Can I get a discount on camp?

We offer early bird and member discounts. Buy early for best savings. Please check out our "log into savings" button on the top right-hand corner of our website. 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 a small extra fee on a first-come, first-served weekly basis from specific pick-up and drop-off locations in Hamilton Park.

What does my camper need to wear to camp?

Campers should wear sneakers and athletic clothing. On Water Days, wearing a bathing suit underneath 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 the end of the 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, or playing cards should be brought to camp).

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!

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)

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

GRIT CAMP APP



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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CONFIDENCE**

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NEW TO GRIT?
Come join us for a **FREE TRIAL class!**

GRIT SPORTS TRAINING (201) 596-6626
www.gritsportstraining.com



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@grit_jc