



KIDS SUMMER CAMP



**SUPER
BASE**

**From June 1st to
September 11th**



World Cup Edition



Little Explorers 3-6

Discovery • Creativity • Confidence • Movement

Junior Champions 7-9

Fun • Safe • Team Building • Intro to pro sports

Elite Leaders 10-12

Leadership • Excellence • Discipline



551-225-9438

10% OFF Early Bird Until Mar 31st

www.superbase.camp

WHY SUPER BASE?

AT SUPER BASE BY BASEMENT SPORT, WE'RE MORE THAN A SUMMER CAMP, WE'RE A LAUNCHPAD FOR THE NEXT GENERATION OF ATHLETES AND LEADERS. WE BRIDGE THE GAP BETWEEN HIGH-ENERGY FITNESS AND REAL-WORLD GROWTH THROUGH A UNIQUE CURRICULUM OF:

- **ATHLETICS**: STRUCTURED SPORTS TRAINING - SKILLS, AGILITY & STRENGTH.
- **LIFE SKILLS**: FINANCIAL LITERACY, TECH AND CREATIVE PROJECTS.
- **CHARACTER**: LEADERSHIP, TEAMWORK, AND CONFIDENCE BUILDING.

OUR VAST 10,000 SQ FT CAMPUS PROVIDES A SAFE, ENGAGING ENVIRONMENT WHERE KIDS DON'T JUST PLAY - THEY EXPLORE, INTERACT AND GROW.



- ✓ **SPORTS-FOCUSED DEVELOPMENT PROGRAM**
- ✓ **LEADERSHIP & CONFIDENCE-BUILDING ACTIVITIES**
- ✓ **FINANCIAL LITERACY, TECH, ART & PUBLIC SPEAKING**
- ✓ **HIGH STAFF-TO-CAMPER RATIO (1:15)**



SUPER BASE

Mission and Values

MISSION

Super Base is an experiential sports & activities center, that was created to give kids what they truly need to develop active lifestyles and core life skills that are missing in our education system. Our programs feature engaging, augmented experiences and training opportunities for youngsters, ages 3-13. Through an array of diverse Classes, "Activecare", Camps, Parties and an Academy program, Super Base kids are taught how to embody the 7 Core Principles of Success as young student-athletes - getting them fit and ready to excel in the world that awaits them as young men and women.



**"DO WHAT YOU LOVE
AND LOVE WHAT YOU DO."
-ARMAN ROUSTA**



7 CORE VALUES

- 1. Vigorous Play**
- 2. Real Facetime**
- 3. Fair Play**
- 4. Keeping Score**
- 5. Creativity**
- 6. Low Pressure**
- 7. Have Fun**

SUPER BASE

Camp Team



Camp Director: Arman is a former Division-1 All-Ivy League soccer player who now coaches in Jersey City through JC United, a 501c-3 non-profit club dedicated to stewarding young student-athletes. As Founder of Basement Sports, his focus is on whole child development and supporting local families by offering health, wellness and life skills programs like Kidcoin and Timebug. He is also an author of several books and creator of the Blue Whale story and characters which are featured in the Atlantis Room @ Super Base.



Coach: Youssef is passionate about building an active, positive camp environment where kids learn sports fundamentals, teamwork, and confidence through fun and structured play. He believes camp should feel energetic, supportive, and exciting, both on the field and beyond.



Coach: Caroline leads our LEGO Bricks classes with creativity, care, and hands-on fun kids love. A mom, entrepreneur, and experienced educator, she blends structure and imagination to introduce STEM through guided builds and collaborative play.



Coach: Mariam is a great camp coach who leads with care, energy, and patience. As a two-sport (Volleyball and Basketball) college student-athlete at Rutgers, she understands hard work, focus, and being a strong role model. She brings her experience as a multi-sport athlete to kids at Super Base via drills and games.



Coach: Amalia is a talented arts & crafts teacher, who gives kids different creative tools and palettes upon which they express themselves.



Professor: Dr. Manisha heads up Super Base Tech with a Robotics & AI program that keeps kids on their toes. Robot World Cup is in store!

Little Explorers 3-6 year olds

“Building Confidence Through Play”

9:00am - 3:00pm | core camp

8:00am - 6:30pm | extended day



Activities Include:

- 🎨 Guided Arts & Crafts (painting, clay, themed projects)
- ⚽ Intro to Sports (basic kicking, throwing, balance drills)
- 🧩 Structured Play Stations (blocks, pretend play, sensory bins)
- 📖 Story Time & Circle Time
- 🎵 Music & Movement
- 💧 Water Play Days
- 🌍 Culture & Theme Weeks (Animals, Space, Around the World)

FOCUS AREAS

- Learning through movement
- Social skill building (sharing, teamwork, listening)
- Motor skill development
- Creative expression
- Emotional confidence



Junior Champions & Elite Leaders



“Skill Building + Confidence + Competition”

9:00am - 3:00pm | core camp

8:00am - 6:30pm | extended day

Activities Include:

- ⚽ Soccer Skill Development (dribbling, passing, small games)
- 🏀 Basketball Fundamentals (shooting form, defense basics)
- 🎾 Tennis Basics (hand-eye coordination, rally drills)
- 🏃 Track & Speed Drills
- 🧠 Strategy Games & Team Challenges
- 🎤 Public Speaking Mini-Workshops
- 💰 Intro to Financial Literacy (saving, goal setting)

FOCUS AREAS

- Sports skill progression
- Healthy competition
- Team collaboration
- Responsibility & independence
- Leadership foundations

End of Week Activities:

- Team vs. Team Tournaments
- Leadership Rotations (team captain))
- Fitness Challenges
- Skill Showcase
- Fridays

Elite Leaders 10-12 year olds



“Train Hard. Lead Strong.”

9:00am - 3:00pm | core camp

8:00am - 6:30pm | extended day

Focus:

- Advanced sports performance
- Leadership development
- Mentorship roles
- Discipline & goal setting
- Real-world skills

Advanced Programming:

- Position-Specific Sports Training
- Strength & Conditioning Circuits
- Speed & Agility Labs
- Competitive League Play
- Public Speaking & Debate
- Entrepreneurial Challenges
- Team-Building Retreat Days

End of Week Activities :

- Championship Team Tournaments
- Captain’s Leadership Rotation
- Performance Testing Challenges
- Elite Skill Showcase Fridays
- MVP & Mindset Award Ceremony





Little Explorers

- 8:00 – 9:30 → Arrivals
- 9:30 – 10:00 → Morning Circle & Movement
- 10:00 – 11:00 → Sports Block 1
- 11:00 – 12:00 → Lunch + Games + Story Time
- 12:00 – 1:00 → Sports Block 2
- 1:00 – 2:00 → Arts, Crafts & Cultural Activity
- 2:00 – 3:00 → Free Play
- 3:00 – 4:00 → Pick Ups
- 4:00 – 5:00 → Sports Block 3
- 5:00 – 8:00 → Free Play & Creative Play

Focus Areas:
Basic Motor Skills,
Socialization,
Creative Expression,
Sharing & Cooperation



Junior Champions

- 8:00 – 9:30 → Arrivals
- 9:30 – 10:00 → Morning Circle & Movement
- 10:00 – 11:00 → Sports Block 1
- 11:00 – 12:00 → Sports Block 2
- 12:00 – 1:00 → Lunch + Trivia
- 1:00 – 2:00 → Arts, Crafts & Cultural Activity
- 2:00 – 3:00 → Free Play
- 3:00 – 4:00 → Pick Ups
- 4:00 – 5:00 → Sports Block 3
- 5:00 – 8:00 → Free Play & Creative Play

Focus Areas:
Sports Fundamentals,
Teamwork & Fair Play,
Problem Solving,
Confidence Building.



Elite Leaders

- 8:00 – 9:30 → Arrivals
- 9:30 – 10:00 → Morning Circle & Movement
- 10:00 – 11:00 → Sports Block 1
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- 12:00 – 1:00 → Lunch + Trivia
- 1:00 – 2:00 → Arts, Crafts & Cultural Activity
- 2:00 – 3:00 → Free Play
- 3:00 – 4:00 → Pick Ups
- 4:00 – 5:00 → Sports Block 3
- 5:00 – 8:00 → Free Play & Creative Play

Focus Areas:
Financial Literacy, Public Speaking,
Decision Making,
Strategic Thinking, Peer Mentoring

Pricing & Activities

PRICING

Core Day: \$150

Extended Day: \$180

Half Day: \$100

Core Week: \$600

Extended Week: \$750

Price Includes all field trips and
Lunch and snacks

Weekly field trips are subject to
change due to weather conditions

What to Pack?

- Sunscreen
- Swim suits
- Extra clothes
- Water Bottle

FIELD TRIPS

WK 1: Splash Pad @ Park

WK 2: Local Pool

WK 3 (Jun 22-26): Beach

WK 4: Turtle Back Zoo

WK 5: Splash Pad @ Park

WK 6 (Jul 13-17): Movie Theater

WK 7: Liberty Science Center

WK 8: Jersey City Town Hall

WK 9 (Aug 3-7): Museum of Art

WK 10: Poconos Hiking Trip

WK 11: Splash Pad @ Park

WK 12 (Aug 24-28): Beach

WK 13: Local Pool

Lunch & Snacks

No junk food — we focus on energy-boosting, nutritious meals to keep campers active and happy all day ☀️

Healthy lunches included in the price

Examples of lunches include:

- Turkey & cheese subs on whole-grain bread
 - Grilled chicken wraps
 - Chicken tenders with baked sides
- Vegetarian-friendly lunch options available daily
 - Veggie wraps
 - Cheese or hummus sandwiches
 - Pasta and plant-based alternatives
- Organic, healthy snacks provided daily, including:
 - Fresh seasonal fruit
 - Yogurt
 - Cereal & granola bars
 - Crackers and other low-sugar snacks

Lunches are fresh, balanced, and kid-approved

