

Winter Boot Camp for Boys and Girls

Schedule of Activities

Date	Time	Activities	Description
Sunday 18 Dec	10:00 - 10:30 AM	Daily energizer	Warm up activities including walking, running, and stretching
	10:30 AM - 11:15 AM	Football	Basic skills and friendly game
	11:15 AM - 11:30 AM	Break	
	11:30 AM - 12:15 PM	Pilates	Conducted by a professional trainer
	12:15 PM - 1:00 PM	Games	Entertaining games and activities
Monday 19 Dec	10:00 - 10:30 AM	Daily energizer	Warm up activities including walking, running, and stretching
	10:30 AM - 11:15 AM	Basketball	Basic skills and friendly game
	11:15 AM - 11:30 AM	Break	
	11:30 AM - 12:15 PM	Aerobics	Conducted by a professional trainer
	12:15 PM - 1:00 PM	Nutrition lecture (parents are welcome)	A lecture on the importance of a healthy diet and a healthy life style that positively impact the human's physical and mental wellbeing
Tuesday 20 Dec	10:00 - 10:30 AM	Daily energizer	Warm up activities including walking, running, and stretching
	10:30 AM - 11:15 AM	Volleyball	Basic skills and friendly game
	11:15 AM - 11:30 AM	Break	
	11:30 AM - 12:15 PM	Yoga	Conducted by a professional trainer
	12:15 PM - 1:00 PM	Games	Entertaining games and activities
Wednesday 21 Dec	10:00 - 10:30 AM	Daily energizer	Warm up activities including walking, running, and stretching
	10:30 AM - 11:15 AM	Football	Basic skills and friendly game
	11:15 AM - 11:30 AM	Break	
	11:30 AM - 12:15 PM	Steps	Conducted by a professional trainer
	12:15 PM - 1:00 PM	Oral care lecture (parents are welcome)	A doctor of dentistry will explain to children the importance of oral hygiene and how it affects the human body
Thursday 22 Dec	10:00 - 10:30 AM	Daily energizer	Warm up activities including walking, running, and stretching
	10:30 AM - 11:15 AM	Basketball	Basic skills and friendly game
	11:15 AM - 11:30 AM	Break	
	11:30 AM - 12:15 PM	Zumba	Conducted by a professional trainer
	12:15 PM - 1:00 PM	Games	Entertaining games and activities

Sunday 25 Dec	10:00 - 10:30 AM	Daily energizer	Warm up activities including walking, running, and stretching
	10:30 AM - 11:15 AM	Football	Basic skills and friendly game
	11:15 AM - 11:30 AM	Break	
	11:30 AM - 12:15 PM	Pilates	Conducted by a professional trainer
	12:15 PM - 1:00 PM	Games	Entertaining games and activities

Monday 26 Dec	10:00 - 10:30 AM	Daily energizer	Warm up activities including walking, running, and stretching
	10:30 AM - 11:15 AM	Basketball	Basic skills and friendly game
	11:15 AM - 11:30 AM	Break	
	11:30 AM - 12:15 PM	Aerobics	Conducted by a professional trainer
	12:15 PM - 1:00 PM	Family doctor lecture (parents are welcome)	A lecture on basic habits that keep children immune from common diseases

Tuesday 27 Dec	10:00 - 10:30 AM	Daily energizer	Warm up activities including walking, running, and stretching
	10:30 AM - 11:15 AM	Volleyball	Basic skills and friendly game
	11:15 AM - 11:30 AM	Break	
	11:30 AM - 12:15 PM	Yoga	Conducted by a professional trainer
	12:15 PM - 1:00 PM	Games	Entertaining games and activities

Wednesday 28 Dec	10:00 - 10:30 AM	Daily energizer	Warm up activities including walking, running, and stretching
	10:30 AM - 11:15 AM	Football	Basic skills and friendly game
	11:15 AM - 11:30 AM	Break	
	11:30 AM - 12:15 PM	Steps	Conducted by a professional trainer
	12:15 PM - 1:00 PM	Child psychologist lecture (parents are welcome)	A lecture on children behavior, bullying, peer pressure, and self esteem

Thursday 29 Dec	10:00 - 10:30 AM	Daily energizer	Warm up activities including walking, running, and stretching
	10:30 AM - 11:15 AM	Basketball	Basic skills and friendly game
	11:15 AM - 11:30 AM	Break	
	11:30 AM - 12:15 PM	Zumba	Conducted by a professional trainer
	12:15 PM - 1:00 PM	Games	Entertaining games and activities

*Subject to change