

Spring Boot Camp for Boys and Girls
Schedule of Activities

Date	Time	Activities	Description
Saturday 31 Mar	11:00 AM - 11:30 AM	Daily energizer	Warm up activities including walking, running, and stretching
	11:30 AM - 12:15 AM	Tennis	Learning Basic skills in Tennis
	12:15 AM - 12:30 AM	Break	
	12:30 AM - 01:15 PM	Zumba for Grils Football for Boys	Conducted by a professional trainer Basic skills and friendly game
	01:15 PM - 02:00 PM	Games	Entertaining games and activities
Sunday 01 Apr	11:00 AM - 11:30 AM	Daily energizer	Warm up activities including walking, running, and stretching
	11:30 AM - 12:15 AM	Basketball	Basic skills and friendly game
	12:15 AM - 12:30 AM	Break	
	12:30 AM - 01:15 PM	Yoga	Conducted by a professional trainer
	01:15 PM - 02:00 PM	Kickboxing	Learning Basic skills in Kickboxing
Monday 02 Apr	11:00 AM - 11:30 AM	Daily energizer	Warm up activities including walking, running, and stretching
	11:30 AM - 12:15 AM	Volleyball	Basic skills and friendly game
	12:15 AM - 12:30 AM	Break	
	12:30 AM - 01:15 PM	Football for Boys Fun games for Girls	Basic skills and friendly game Entertaining games and activities
	01:15 PM - 02:00 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
Tuesday 03 Apr	11:00 AM - 11:30 AM	Daily energizer	Warm up activities including walking, running, and stretching
	11:30 AM - 12:15 AM	Basketball	Basic skills and friendly game
	12:15 AM - 12:30 AM	Break	
	12:30 AM - 01:15 PM	Music Class (Piano)	Learning Basic skills in Playing Piano
	01:15 PM - 02:00 PM	Games	Entertaining games and activities
Wednesday 04 Apr	11:00 AM - 11:30 AM	Daily energizer	Warm up activities including walking, running, and stretching
	11:30 AM - 12:15 AM	Volleyball	Basic skills and friendly game
	12:15 AM - 12:30 AM	Break	
	12:30 AM - 01:15 PM	Zumba for Grils Football for Boys	Conducted by a professional trainer Basic skills and friendly game
	01:15 PM - 02:00 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
Thursday 05 Apr	11:00 AM - 11:30 AM	Daily energizer	Warm up activities including walking, running, and stretching
	11:30 AM - 12:15 AM	Football	Basic skills and friendly game
	12:15 AM - 12:30 AM	Break	
	12:30 AM - 01:15 PM	Kickboxing	Conducted by a professional trainer

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	01:15 PM - 02:00 PM	Games	Basic skills and friendly game