

SCHEDULE

8:45-9am	Drop off & attendance & organize groups
9am-10am	SOCCER Intro & development of soccer drills
10 - 10:30am	Snack break & healthy nutrition talks
10:30 - 11:30am	SOCCER Games & team building activities
11:30 - 12pm	WELLNESS Cool down/Yoga
12 - 1pm	Lunch
1 - 2pm	TENNIS Intro & development of tennis fundamentals
2 - 2:30pm	Snack break & healthy nutrition talks
2:30 - 3:30pm	TENNIS Games & team building activities
3:30 - 4pm	WELLNESS Cool down/Yoga