

Multi-Sports Camp Schedule

| Day | Reg. | Activity 1 | Break | Activity 2 | Activity 3 | Lunch | After Lunch Activity | Activity 4 | Activity 5 | Break | Activity 6 | Pick up |
|-----------|---------------------|-------------------|--------------|---------------|--------------------|---------------|----------------------|------------------|------------------|--------------|-----------------|-------------------|
| | 8.30 - 8.45 | 8.45 - 9.30 | 9.30 - 10.00 | 10.00 - 10.45 | 10.45 - 11.30 | 11.30 - 12.15 | 12.15 - 1.00 | 1.00 - 1.35 | 1.35 - 2.10 | 2.10 - 2.40 | 2.40 - 3.15 | 3.15 - 3.30 |
| Sunday | REGISTRATION | Fitness Challenge | BREAK | Benchball | Scatterball | LUNCH | Lunchtime Activities | Football | Hockey | BREAK | Basketball | COLLECTION |
| Monday | | Call of Dodgeball | | Hodgball | Bounce Ball Tennis | | Lunchtime Activities | Ninja Squirrel | Ninja Squirrel | | Obstacle Course | |
| Tuesday | | Basketball | | Dodgeball | Soccer | | Lunchtime Activities | Team Competition | Team Competition | | Base Tag | |
| Wednesday | | Fitness Challenge | | Mini Olympics | Mini Olympics | | Lunchtime Activities | Badminton | Rounders | | Cricket | |
| Thursday | | FREE CHOICE | | FREE CHOICE | FREE CHOICE | | Lunchtime Activities | Ninja Squirrel | Dodgeball | | Hodgeball | |

Intensive Football Camp Schedule

| Day | Topic | Registration | Arrival Activities | Activity 1 | Snack Break | Activity 2 | Water Break | Activity 3 | Lunch | Activity 4 | Water Break | Activity 5 | Pick up |
|-----------|------------------------|--------------|--------------------|-------------|--------------|-----------------|---------------|---------------|---------------|--------------------------|-------------|------------------|-------------|
| | | 8.30 - 9.00 | 8.30 - 9.00 | 9.00 - 9.45 | 9.45 - 10.00 | 10.00 - 10.45 | 10.45 - 11.00 | 11.00 - 11.45 | 11.45 - 12.30 | 12.30 - 1.15 | 1.15 - 1.30 | 1.30 - 3.15 | 3.15 - 3.30 |
| Sunday | Dribbling | REGISTRATION | Football Tennis | SAQ | BREAK | Warm Up | WATER BREAK | Main Session | LUNCH | Match Topic | WATER BREAK | Premier League | COLLECTION |
| Monday | Passing | | Forza Bungee Balls | SAQ | | Warm Up | | Main Session | | Match Topic | | Europa League | |
| Tuesday | Shooting | | Rebound Boards | SAQ | | Warm Up | | Main Session | | Match Topic | | Champions League | |
| Wednesday | Attacking & Defending | | GK Rebounders | SAQ | | Warm Up | | Main Session | | Match Topic | | EURO's | |
| Thursday | Skills Day & World Cup | | Speed Gun Shooting | SAQ (Test) | | Speed Dribbling | | Passing gates | | Ball Control & Speed Gun | | World Cup | |