MULTI-SPORT PM CAMP

Time	Day 1	Day 2	Day 3	Day 4	Day 5
12:00 - 12:30	**Lunch** (for AM Campers)				
12:15 - 12:30	**Registration** (for PM Campers)				
12:30 - 13:20	Team-Building Game	Skill Development	Skill Development	Skill Development	Skill Development
13:20 - 13:35	**Break 1**				
13:35 - 14:25	Basketball	Ball-handling skills	Badminton	Volleyball	Basketball
14:25 - 14:40	**Break 2**				
14:40 - 15:30	Agility	Soccer	Coordination Games	Coordination Games	Team Matches

The sample timetable is for reference only and subject to change as planned by the lead instructor