



SUMMER CAMP DES PLAINES 2015

SCHEDULE

9:00 – CHECK IN

9:00 - 9:45 – WARM UP AND COORDINATIONS

9:45 - 10:30 – PERSONAL SOCCER SKILLS

10:30 - 10:45 – SNACK

10:45 - 12:00 – SMALL SIDED GAMES

12:00 - 1:00 – LUNCH

1:00 - 3:00 – SWIMMING POOL AND WATER PARK

3:00 - 4:45 – SOCCER TENNIS, TENNIS, BASKETBALL, FULL FIELD GAME

4:45 – 5:00 – SNACK

5:00 – PICK UP