



SAMPLE TENNIS CAMP LINEUP

Sign your kids up for a tennis camp that will teach them technique, strategy, and teamwork while having fun and building their athletic skills!

8:45–9:00 am | Campers will be greeted by camp coaches/counselors as a welcome and then escorted to complete a check-in and a safety check.

9:00–10:00 am | Campers will begin each day with dynamic warm ups, hand-eye coordination activities, footwork, and team games to kick off the day on an energetic and fun note.

10:00–10:30 am | The athletes will then be divided into groups based on their experience and ability for on-court training.

10:30–10:45 am | The campers will take a brief break to recharge with snacks and water.

10:45–12:00 pm | Campers will continue their on-court training. Games and drills will be inserted into the exercise to keep interest and energy levels up.

12:00–1:00 pm | The kids will be encouraged to eat together and make new friends over healthy meals.

1:00–2:00 pm | On-court training continues with more games. Then, exciting match play will begin, so they can really dive into the techniques and competition of the tennis.

2:00–2:15 pm | Campers will cool off with a delicious popsicle break.

2:15–2:30 pm | Afterwards, campers will get ready for swimming—our end of the day activity!

2:30–3:30 pm | The kids will celebrate their hard work at camp with an afternoon of free swim. Lifeguards and supervised camp staff will be there to monitor safety. Additional activities, like basketball and games on the playground, will also be offered during this time for those who choose not to swim.

3:30–3:55 pm | Campers will be asked to change back into their normal clothes and end the day on the playground or continuing tennis practice.

3:55–4:15 pm | Parents will pick up their happy athletes.

