

Multi-Sport Camp

What a day would look like



ACTIVITY	TIME
Athletes Arrive	8:50-9:00
Morning Stretch	9:00 - 9:15
Basketball	9:15 - 10:00
Multi-directional Training	10:00 - 10:45
Healthy Snack	10:45 - 11:00
Small Area Games	11:00 - 11:45

ACTIVITY	TIME
Lunch	11:45 - 12:15
Yoga	12:15 - 12:45
Floorball	12:45 - 1:45
Healthy Snack	1:45 - 2:00
Ultimate Frisbee	2:00 - 3:00
Small Area Games	3:00 - 3:15
Pick Up	3:15-3:30

REGISTER AT ATTACKSPORTS.CA

All sessions and scheduled times are subject to change.