

# DAILY SCHEDULE

7:30-8:15am	Drop Off/ Free Play
8:15-8:45am	Warm Ups
9:00-10:00am	Team Sports
10:00-10:30am	Break/Snack
10:30-11:30am	Team Sports
11:30am-12:30pm	Lunch
12:30-1:45pm	Movie Time
1:45-2:00pm	Change
2:00-4:00pm	Swim
4:00-4:15pm	Change
4:15-4:45pm	Snack
4:45-5:30pm	Free Play/ Pick Up



*Louisiana*  
**ATHLETIC CLUB**  
**KIDS CAMP**