

Pegasus Sports & Psychology Camp for Kids

Camp Itinerary 25 - 28 November 2024

Time	Monday	Tuesday	Wednesday	Thursday
9:00 AM	Camp Check In (Venue: Boonview(BV))	Camp Check In (Venue: BV)	Camp Check In (Venue: BV)	Camp Check In (Venue: BV)
9:15 AM	Camp House Rules			
9:30 AM	Track & Field	Jiu Jitsu	Football	Frisbee & More
10:00 AM				
11:00 AM				
12:00 PM	Lunch	Lunch	Lunch	Lunch
1:00 PM	Swimming	Kids Boxing	Swimming	Psychology Exercises For Kids (Venue: Boonview)
2:00 PM				
3:00 PM				
4:00 PM	Photos and Dismissal	Photos and Dismissal	Photos and Dismissal	Photos End of Camp

Notes:

Build your discipline by arriving 15 min before the training, and change into a sports outfit.
Please use clean sports shoes at all times in the gym (do not use shoes you are wearing on the street).
Bring changing clothes, and a small towel (optional).

Location for all events can be Boonview (BV) as indicated in the schedule.
For the football classes you can drop off / pick up your kids from the football field TBA if it is more convenient for you.
We usually communicating with the parents via what's app regarding locations pick ups and drop offs.

*Please take note that the schedule can change depending on the weather or any unpredictable conditions.



Pegasus Sports & Psychology Camp for Kids

Camp Itinerary 02 - 05 December 2024

Time	Monday	Tuesday	Wednesday	Thursday
9:00 AM	Camp Check In (Venue: Boonview(BV))	Camp Check In (Venue: BV)	Camp Check In (Venue: BV)	Camp Check In (Venue: BV)
9:15 AM	Camp House Rules			
9:30 AM	Sentosa Beach Including Team Building Games	Shuttle-Cock	Football	Kids Fitness (How to Exercise "The Right Way")
10:00 AM				
11:00 AM				
12:00 PM				
1:00 PM				
2:00 PM		Lunch	Lunch	Lunch
3:00 PM		Bouldering	Swimming	Psychology Exercises For Kids (Venue: Boonview)
4:00 PM		Core Exercises & Coold Down		
4:00 PM	Photos and Dismissal	Photos and Dismissal	Photos and Dismissal	Photos End of Camp

Notes:

Build your discipline by arriving 15 min before the training, and change into a sports outfit.
Please use clean sports shoes at all times in the gym (do not use shoes you are wearing on the street).
Bring changing clothes, and a small towel (optional).

Location for all events can be Boonview (BV) as indicated in the schedule.
For the football classes you can drop off / pick up your kids from the football field TBA if it is more convenient for you.
We usually communicating with the parents via what's app regarding locations pick ups and drop offs.

*Please take note that the schedule can change depending on the weather or any unpredictable conditions.



Pegasus Football Camp for Kids

Camp Itinerary 25 - 28 November & 02 - 05 December 2024



Time	Monday	Tuesday	Wednesday	Thursday
9:00 AM	Camp Check In (Venue: BV / Football Field TBA)	Camp Check In (Venue: BV / Football TBA)	Camp Check In (Venue: BV / Football Field TBA)	Camp Check In (Venue: BV / Football Field TBA)
1:00 PM	Football	Football	Football	Football

Notes:

Our Special Football Camp conducted by a professional Singaporean Player tbc. is designed to teach your kids new skills while having fun in a safe and encouraging environment.

Build your discipline by arriving 15 min before the training, and change into a sports outfit.
Please use clean sports shoes at all times in the gym (do not use shoes you are wearing on the street).
Bring changing clothes, and a small towel (optional).

Location for all events can be Boonview (BV) as indicated in the schedule.
For the football classes you can drop off / pick up your kids from Football field TBA if it is more convenient for you.
We usually communicating with the parents via what's app regarding locations pick ups and drop offs.

*Please take note that the schedule can change depending on the weather or any unpredictable conditions.