


Pegasus Sports & Psychology Camp for Kids					
Camp Itinerary 10 - 13 June 2025					
Time	Tuesday		Wednesday		Thursday
9:00 AM	Camp Check In (Venue: Boonview(BV))		Camp Check In (Venue: BV)		Camp Check In (Venue: BV)
9:15 AM	Camp House Rules				
9:30 AM	Track & Field		Improv Theater		Psychology Exercises For Kids
10:00 AM					
11:00 AM					
12:00 PM	Lunch		Lunch		Lunch
1:00 PM	Swimming (Venue: Bishan or Marymount)		Boxing		Muay Thai
2:00 PM					
3:00 PM			Core Exercises & Coold Down		
4 - 4:30 PM	Photos and Dismissal		Photos and Dismissal		Photos and Dismissal
Friday					
					Camp Check In (Venue: BV)
					Frisbee & other throwing activities (Turbo Javelin, American Football, etc.) (Venue: Bishan / AMK Park)
					Lunch
					Team Bonding & Cert Ceremony
					Photos End of Camp
<div>Notes:</div> <div>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).</div> <div>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.</div> <div>*Please take note that the schedule can change depending on the weather or any unpredictable conditions.</div> <div></div>					

Pegasus Sports & Psychology Camp for Kids					
Camp Itinerary 17 - 20 June 2025					
Time	Tuesday		Wednesday		Thursday
9:00 AM	Camp Check In (Venue: Boonview(BV))		Camp Check In (Venue: BV)		Camp Check In (Venue: BV)
9:15 AM	Camp House Rules				
9:30 AM	Track&Field		Shuttle-Cock		Boxing
10:00 AM					
11:00 AM					
12:00 PM	Lunch		Lunch		Lunch
1:00 PM	Public speaking / Communication skills		Football		Swimming (Venue: Bishan or Marymount)
2:00 PM					
3:00 PM					
4 - 4:30 PM	Photos and Dismissal		Photos and Dismissal		Photos and Dismissal
Friday					
					Camp Check In (Venue: BV)
					Kids Fitness (How to Exercise "The Right Way")
					Lunch
					Psychology Exercises For Kids
					Team Bonding & Cert Ceremony
					Photos End of Camp
<div>Notes:</div> <div>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).</div> <div>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.</div> <div>*Please take note that the schedule can change depending on the weather or any unpredictable conditions.</div> <div></div>					