

Pegasus Sports & Psychology Camp for Kids

Camp Itinerary 10 - 13 June 2025

Time	Tuesday		Wednesday		Thursday		Friday
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		Improv Theater		Psychology Exercises For Kids		Frisbee & other throwing activities (Turbo Javelin, American Football, etc.) (Venue: Bishan / AMK Park)
9:30 AM	Track & Field						
10:00 AM							
11:00 AM							
12:00 PM	Lunch		Lunch		Lunch		Lunch
1:00 PM	Swimming (Venue: Bishan or Marymount)		Boxing		Football (Venue: St Wilfred Centre or Bishan)		Muay Thai
2:00 PM							
3:00 PM			Core Exercises & Coold Down			Team Bonding & Cert Ceremony	
4 - 4:30 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 17 - 20 June 2025

Time	Tuesday		Wednesday		Thursday		Friday
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		Shuttle-Cock		Boxing		Kids Fitness (How to Exercise "The Right Way")
9:30 AM	Track&Field						
10:00 AM							
11:00 AM							
12:00 PM	Lunch		Lunch		Lunch		Lunch
1:00 PM	Public speaking / Communication skills		Football		Swimming (Venue: Bishan or Marymount)		Psychology Exercises For Kids
2:00 PM							
3:00 PM			Team Bonding & Cert Ceremony				
4 - 4:30 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.
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