

Pulse Sports
Single Sports Camp
Sample Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:10	Sign In/ Morning Welcome	Sign In/ Morning Welcome	Sign In/ Morning Welcome	Sign In/ Morning Welcome	Sign In/ Morning Welcome
9:15-10:15	Sport Session 1	Sport Session 4	Sport Session 7	Sport Session 10	Sport Session 13
10:20-11:20	Sport Session 2	Sport Session 5	Sport Session 8	Sport Session 11	Sport Session 14
11:25-11:40	Snack Break	Snack Break	Snack Break	Snack Break	Snack Break
11:45-12:15	Swim	Swim	Swim	Swim	Swim
12:20-13:00	Lunch	Lunch	Lunch	Lunch	Lunch
13:05-13:50	Sport Session 3	Sport Session 6	Sport Session 9	Sport Session 12	Sport Session 15
13:55-14:40	Tournament (match play/ small sided games)	Tournament (match play/ small sided games)	Tournament (match play/ small sided games)	Tournament (match play/ small sided games)	Tournament/Awards Ceremony
14:40-14:55	Snack Break	Snack Break	Snack Break	Snack Break	Snack Break
15:00-15:45	Swim	Swim	Swim	Swim	Swim
15:50-16:00	Session De-brief/ Sign Out	Session De-brief/ Sign Out	Session De-brief/ Sign Out	Session De-brief/ Sign Out	Session De-brief/ Sign Out

Please note: AM swim will be replaced with additional sports session at locations that do not offer 2 swim sessions.

This is a sample schedule. All sessions are subject to change

Camp Times:

Half Day AM: 9:00 AM-13:00 PM

Half Day PM: 12:30 PM -4:00 PM (4:30 PM Pingry)

Full Day: 9:00 AM-4:00 PM