

Bard College Tennis Camp

Daily Schedule

(full day)
(subject to change)

9:00	Arrive at camp
9:00 - 9:30	Stretch and warm-up
9:30 - 10:00	Individual skill lesson
10:00 - 10:15	Break
10:15 - 11:00	Small group exercises
11:00 - 11:45	Swim or supervised free time
11:45 - 12:00	Change and walk to lunch
12:00 - 12:45	Lunch
12:45 - 1:30	Recreational time
1:30 - 2:30	Individual and group drills
2:30 - 2:45	Break
2:45 - 3:15	Skill games
3:15 - 4:00	Competitions
4:00	Pick-up