

Bard College Tennis Camp

Daily Schedule

(half day)
(subject to change)

9:00	Arrive at camp
9:00 - 9:20	Stretch and warm-up
9:20 - 9:50	Individual skill lesson
9:50 - 10:00	Break
10:00 - 10:30	Small group exercises
10:30 - 11:00	Swim or supervised free time
11:00 - 11:30	Break with juice and snack
11:30 - 12:00	Individual and group drills
12:00 - 12:10	Break
12:10 - 12:40	Skill games
12:40 - 1:00	Competitions
1:00	Pick-up