

## **C. PROGRAM DESCRIPTION, SCHEDULE, & BUDGET PROPOSAL OF JFTA**

### **Sample Daily Schedule for Camp (Ages 3–5:)**

Peewees (ages 3–5) are separated from the rest of camp and grouped together to ensure a level of comfort.

7:30 a.m.	Before Care: supervised free play on courts; games at rec room
9:00 a.m.	Warm-up exercises; stretching to music
9:15 a.m.	Drills and games based on USTA's ROGY system
10:00 a.m.	Morning break; snacks
10:30 a.m.	Age-appropriate tennis instruction, games, and competition
11:15 a.m.	Mini-break
11:30 a.m.	Review of morning instruction
12:00 noon	Lunch and rest time
1:30 p.m.	Games on and off the court
2:00 p.m.	Age-appropriate tennis instruction, games, and competition
2:30 p.m.	Review of daily instruction; dismissal at 3:00 p.m.
3:00 – 6:00	After Care: supervised free play on and off courts; board games

### **Sample Daily Schedule for Camp (Ages 6 - 16:)**

7:30 a.m.	Before Care: supervised free play on courts
9:00 a.m.	Warm-up exercises with music; kids grouped by age, then ability
9:15 a.m.	Drills and games based on USTA's ROGY system
10:45 a.m.	Optional morning break; snacks
11:15 a.m.	Tennis games and competition
12:00 noon	Lunch
12:30 p.m.	Optional off-court and on-court games
1:30 p.m.	Tennis match play; age-appropriate games and competition
2:45 p.m.	Review of daily instruction; dismissal at 3:00 p.m.
3:00 – 6:00	After Care: supervised free play on and off courts; board games

### **Additional Camp Activities:**

- Weekly Water Day (Kids wear bathing suits, bring squirt guns, and engage in water-balloon wars, and go down a water slide.)
- Age-appropriate lunchtime activities
- Off-court physical fitness activities
- Weekly Snow-Cone Day — Kona Ice comes to the facility, and children create their own snow-cones
- Pizza Day every Friday