



Sports Skills Day Camp (Gymnastics, Badminton, Fencing Basketball, Tennis, Soccer)

Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
0830	Registration at the site				
0900 - 1200	<ul style="list-style-type: none"> • Camp Welcome • Small Group Games • Sports Skills Introduction 	<ul style="list-style-type: none"> • Mass Games • Sports Skills Practice 	<ul style="list-style-type: none"> • Sports Skills Practice • Team - building Games 	<ul style="list-style-type: none"> • Sports Skills Practice • Fitness Assessment 	<ul style="list-style-type: none"> • Sports Tournament • Group Challenge Activities
1200 – 1300	Lunch				
1300 – 1630	<ul style="list-style-type: none"> • T-shirt Design • Sports Skills Learning • Camp Book Design 	<ul style="list-style-type: none"> • Y-Values Activities • Sports Rule Introduction • Mini Sports Games 	Swimming	Out-trip	<ul style="list-style-type: none"> • Photo Frame Making • Obstacle Race • Goodbye Gathering
1630	Dismissal at the site				

✓ This schedule is subject to change according to weather and availability of facilities

We build strong kids, strong families and strong communities!
Camping Hotline: 2268-7079

Website: <http://www.ymcahk.org.hk/camping/index/index.htm>



Multi Sports Day Camp Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
0830	Registration at the site				
0845-1200	<ul style="list-style-type: none"> • Camp Welcome • Group Integrating Activities • Badminton Skills Practice 	<ul style="list-style-type: none"> • Team Building Activities • Basketball Skills Practice • Camp Journal Design 	<ul style="list-style-type: none"> • YMCA Traditional Games • Indoor Soccer Skills Practice • Soccer Match 	<ul style="list-style-type: none"> • Badminton Skills Practice • Tag Rugby Skill Coaching • Mini Sports Games 	<ul style="list-style-type: none"> • Obstacle Race • Sports Tournaments
1200	Lunch				
1300-1600	<ul style="list-style-type: none"> • Sports Rule Introduction • YMCA Values Activities • Floor ball 	Out-Trip	Out-Trip	<ul style="list-style-type: none"> • Cooperation Games • Sports Climbing • Table Tennis 	<ul style="list-style-type: none"> • Group Challenge Activities • Prize Presentation • Goodbye Gathering
1600-1630	Announcement and End of Day Closing				
1630	Dismissal at the site				

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YMCA CAMPING

— Building Strong Kids —

Golf Day Camps Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
0830	Registration at Plaza Hollywood in Diamond Hill (Front Door of Baptist Church on Fung Tak Road, Diamond Hill)				
0845-0930	Bus and Boat Trip to Sai Kung Kau Sai Chau Golf Course (Except Out-trip)				
0930-1200	<ul style="list-style-type: none"> • Camp Welcome • Group Integrating Activities • Professional Golf Instruction 	<ul style="list-style-type: none"> • Professional Golf Instruction 	<ul style="list-style-type: none"> • Professional Golf Instruction 	<ul style="list-style-type: none"> • Playing Course on Green (Rules Learning) 	<ul style="list-style-type: none"> • Course Competition on Green
1200-1300	Lunch				
1300-1530	<ul style="list-style-type: none"> • YMCA Values Activities • Golf Skill Practice – Driving Range 	<ul style="list-style-type: none"> • Co-operation Games • Golf Skill Practice - Putting 	<ul style="list-style-type: none"> • Golf Skill Practice 	<ul style="list-style-type: none"> • Group Challenge Activities • Golf Skill Practice 	<ul style="list-style-type: none"> • Golf Skills Review • Goodbye and Sharing • Certificate Presentation
1530-1545	Announcement and End of Day Closing				
1545-1630	Boat Trip and Bus Trip Back to Diamond Hill				
1630	Dismissal at the Plaza Hollywood (Front Door of Baptist Church on Fung Tak Road, Diamond Hill)				

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Sailing Day Camp Sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
0830	Registration at Hong Kong Station				
0830-0900	Bus Trip to Middle Island				
0900-1200	<ul style="list-style-type: none"> • Camp Welcome • Small Group Games • Safety Briefing & Rigging Lecture • Sailing • Beach Activities 	<ul style="list-style-type: none"> • Rigging • Sailing • Beach Activities 	<ul style="list-style-type: none"> • Rigging • Sailing • Beach Activities 	<ul style="list-style-type: none"> • Rigging • Sailing • Beach Activities • Fitness Activities 	<ul style="list-style-type: none"> • Rigging • Sailing • Beach Activities
1200-1300	Lunch				
1300-1600	<ul style="list-style-type: none"> • Sailing • Beach Activities • De - rigging 	<ul style="list-style-type: none"> • Sailing • Beach Activities • De - rigging 	• Out-trip	<ul style="list-style-type: none"> • Sailing • Beach Activities • De - rigging 	<ul style="list-style-type: none"> • Sailing • Beach Activities • De - rigging • Goodbye Gathering
1600-1620	Camp Journal	Camp Journal	Camp Journal	Camp Journal	Camp Journal
1600-1630	Bus Trip to Hong Kong Station				
1630	Dismissal at Central				

- **This schedule is subject to change according to weather and availability of facilities**



Horseback Riding Camp Sample Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
0830-0845	Registration at Kowloon Tong				
0845-0930	Bus Trip				
0930-1100	<ul style="list-style-type: none"> Group Integrating Activities 	<ul style="list-style-type: none"> Practice on Theory-- Horse Grooming & Saddler Riding Practice 	<ul style="list-style-type: none"> Riding Practice Group Activities 	<ul style="list-style-type: none"> Riding Practice 	<ul style="list-style-type: none"> Test on Horse Knowledge Riding Practice
1100-1200	<ul style="list-style-type: none"> Introduction & Welcoming Mucking out 				
1200-1300	Lunch				
1300-1400	Theory on the Lecture		Out-trip	Theory on the Lecture	<ul style="list-style-type: none"> Riding Practice Goodbye Gathering
1400-1545	<ul style="list-style-type: none"> Mounting, Dismounting and Leading Horse in hand 	<ul style="list-style-type: none"> Riding Practice 		<ul style="list-style-type: none"> Sitting trot and Canter Riding Practice 	
1545-1600	After Riding Care				
1600-1630	Bus Trip				
1630	Dismissal at Kowloon Tong				

- ✓ This schedule is subject to change according to weather and availability of facilities
- ✓ Please bring a set of spared clothes, water bottle and sun-screen to camp each day.
- ✓ Please wear long pants.
- ✓ The site will provide horse riding hats and boots.

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