

# INTERNATIONAL SUMMER CAMP

## DAILY SCHEDULE 13.06 - 17.06



Organized by:



Kids are from:



**Meridian International Schools**  
Szkoły Dwujęzyczne Meridian  
Gimnazjum • Polska Matura • Matura Międzynarodowa (IB)



# MONDAY

# 13.06.2011

**9:00-9:30** Breakfast at Wimbledon

**9:30-10:00** Integration games such as Tossing a Marshmallow or Chanting Frog and many other

**10:00-12:00** Tickled by Tennis – energetic tennis trainings in small group with

Adam Paluszyński and Michael Lowkis

**12:00-12:15** We grab some snacks and walk to

the swimming pool

**12:30-14:00** Swimming training with Piotr Barski

**14:00-14:30** Lunch

**14:30-15:00** Master your Brain – Master your time!

Quizzes, logic games and board games

**15:00-16:30** Football training with Youssef Omurak

**16:30-17:00** Stretching, 2nd snack

**17:00** Pick – up time



# TUESDAY

# 14.06.2011

**9:00-9:30** Breakfast at Wimbledon

**9:30-10:00** Energetic warm – up before reaching the mountains

**10:00-11:30** Rock climbing wall with the instructor

**11:30-12:00** Let's have some healthy snacks

**12:00-14:00** Tennis Development - we focus on technique today

**14:00-14:30** Lunch break

**14:30-15:00** Cultural Games with small awards

**15:00-16:30** Physical training with all kinds of sport disciplines

**16:30-17:00** Stretching, 2nd snack

**17:00** Pick – up time



# WEDNESDAY

15.06.2011

**9:00-9:30** Breakfast at Wimbledon

**9:30-10:00** Jogging

**10:00-12:00** Social Tennis

**12:00-12:15** Let's have some snacks

**12:30-14:00** Swimming training and water games

**14:00-14:30** Lunch break

**14:30-15:00** Funny board games

**15:00-16:30** Laser paintball

**16:30-17:00** Bowling, snacks

**17:00** Pick – up time



# THURSDAY

# 16.06.2011

**9:00-9:30** Breakfast at Wimbledon

**9:30-10:00** Warm – up with elements of boxing

**10:00-12:00** Cardio Tennis – iPods invited

**12:00-12:15** Let's have some snacks

**12:15-14:00** Golf

**14:00-14:30** Lunch break

**14:30-15:00** Coming back to Warszawianka

**15:00- 16:30** Swimming training with Piotr Barski

**16:30-17:00** Stretching, 2nd snack

**17:00** Pick – up time



# FRIDAY

# 17.06.2011

**9:00-9:30** Breakfast at Wimbledon

**9:30-11:00** Football training with Yousef Omurak

**11:00-11:30** Snacks

**11:30-13:30** Tennis match – City Tennis Club OPEN 2011

**13:30-14:30** Lunch break

**14:30-16:30** Mini Olympics

**15:630-17:00** Stretching, Closing ceremonies

**17:00** Pick – up time



# It's not over!

We still have few spots left at our  
International Summer Camps in July and August!

See You soon!

For more information please call:  
**+48 695 836 880**

