



## **DAILY ON-SITE SCHEDULE**

### ***Spring Break & Summer Camps***

- 8:45am - 9:00am                      Camper Drop-off and Check-in
- 9:15am - 9:30am                      Welcome / Dynamic Warm-Up / Stretching
- 9:15am – 12:00pm                    **Half Day & Full Day Students**
- Instruction / Practice / Drills
  - Station Rotation
    - **Full Swing** (driver + irons)
    - **Swing Speed Training**
    - **Putting**
    - **Chipping**
    - **Pitching** (half swing & L swing)
    - **Golf Fitness** (using ground force)
    - **Golf Fitness** (understanding rotation)
    - **Rules & Etiquette** + Mental Development
- 12:00pm – 12:45pm                    **Full Day Groups**
- Lunch break
- Half Day Groups (12pm)**
- Dismissal
- 12:30pm – 2:45pm                    **Full Day Groups**
- Contests / Skill Challenges
  - Course Time (Tues - Thur)
  - Skills Showcase (Friday)

2:45pm

Recap, clean up and prepare for departure

3:00pm

**Full Day Groups (3pm)**

- Dismissal

12:30 - 1pm (Only on Fridays) **Kona Ice for everyone!**