



RALLY SUMMER CAMP



**INDOOR RACKETS
SPROTS ACTIVITIES
FOR BOYS & GIRLS 6-
14 YEARS OLD**

Date
**JULY 7TH -
AUG 15TH**

Duration
**9:00 AM -
1:00 PM**

Admission
QAR 650

Activities

- ✓ Introduction to Racket Sports
- ✓ Skills Development
- ✓ Teamwork & Sportsmanship
- ✓ Mini-Tournamnets
- ✓ Fitness & Fun

United School International

Viva Bahriya Roundabout
The Pearl

Equipment are available
Supervision & Personalized
Coaching

More Information 3361 7342 info@rally-academy.com



DAILY SCHEDULE

9:00 AM -9:15 AM: Welcome and Warm-up

- ✓ Stretching exercises
- ✓ Light jogging
- ✓ Group games to get everyone energized

9:15 AM -10:15 AM: Pickleball

- ✓ Introduction to the basics for beginners
- ✓ Skill drills and practice matches
- ✓ Group games and mini-tournaments

10:15 AM -10:130 AM: Snack Break

- ✓ Please provide some healthy snacks (fruits, granola bars, juice)
- ✓ Social time for kids to interact and relax

10:30 AM - 11:30 AM: Tennis

- ✓ Basic skills and techniques for beginners
- ✓ Advanced drills for experienced players
- ✓ friendly matches and games

11:30 AM - 12:00 PM: Fun Activity time

- ✓ Obstacle courses
- ✓ Team-building games
- ✓ Water balloon games (weather permitting)

12:00 PM - 12:30 PM: Table Tennis

- ✓ Introduction to basics
- ✓ Skill-building exercises and drills
- ✓ Friendly matches and round-robin tournaments

12:30 PM - 1:00 PM: Fitness Hour

- ✓ Circuit Training
- ✓ Age appropriate fitness activities
- ✓ Fun fitness challenges

ADDITIONAL IDEAS

Guest Coaches: Invite Local Players or fitness instructors to lead sessions

Parent Involvement: Host a “Parents Day” where parents can join in for part of the day

Camp Awards: Certificates for participation and sportsmanship