

# GÖKHAN DÖNMEZ TENNIS ACADEMY

## SUMMER CAMPS PROGRAMME

## WEEK TRAINING SCHEDULE

|             | PAZARTESİ<br>MONDAY                         | SALI<br>TUESDAY                             | ÇARŞAMBA<br>WEDNESDAY                       | PERŞEMBE<br>THURSDAY                        | CUMA<br>FRIDAY                              | CUMARTESİ<br>SATURDAY                       |
|-------------|---|---|---|---|---|---|
| 07.00-07.30 | WAKE UP                                     | WAKE UP                                     | WAKE UP                                     | WAKE UP                                     | WAKE UP                                     | WAKE UP                                     |
| 07.30-08.45 | BREAKFAST                                   | BREAKFAST                                   | BREAKFAST                                   | BREAKFAST                                   | BREAKFAST                                   | BREAKFAST                                   |
| 09.00-09.30 | DAILY MEETING                               | DAILY MEETING                               | DAILY MEETING                               | DAILY MEETING                               | DAILY MEETING                               | DAILY MEETING                               |
| 09.45-10.15 | TENNIS                                      | SOCCER                                      | BASKETBALL                                  | TENNIS                                      | SWIMMING                                    | TENNIS                                      |
| 10.15-10.45 | STRECHING<br>SHOWER                         | STRECHING<br>SHOWER                         | STRECHING<br>SHOWER                         | STRECHING<br>SHOWER                         | STRECHING<br>SHOWER                         | STRECHING<br>SHOWER                         |
| 11.00-12.30 | ENGLISH STANDART<br>AND ADVANCED<br>COURSES | ENGLISH STANDART<br>AND ADVANCED<br>COURSES | ENGLISH STANDART<br>AND ADVANCED<br>COURSES | ENGLISH STANDART<br>AND ADVANCED<br>COURSES | ENGLISH STANDART<br>AND ADVANCED<br>COURSES | ENGLISH STANDART<br>AND ADVANCED<br>COURSES |
| 12.30-13.30 | LUNCH TIME                                  | LUNCH TIME                                  | LUNCH TIME                                  | LUNCH TIME                                  | LUNCH TIME                                  | LUNCH TIME                                  |
| 13.30-14.30 | REST TIME                                   | REST TIME                                   | REST TIME                                   | REST TIME                                   | REST TIME                                   | REST TIME                                   |
| 14.30-16.00 | CARTING                                     | GOLF  | AQUA GYM                                    | BEACH VOLLEY                                | AQUAPARK                                    | HORSE RIDING                                |
| 16.30-17.30 | AFTERNOON<br>SNACK                          | AFTERNOON<br>SNACK                          | AFTERNOON<br>SNACK                          | AFTERNOON<br>SNACK                          | AFTERNOON<br>SNACK                          | FREE TIME                                   |
| 17.30-18.00 | SHOWER                                      | SHOWER                                      | SHOWER                                      | SHOWER                                      | SHOWER                                      |   |
| 18.15-19.15 | ENGLISH EXAM                                | ENGLISH EXAM                                | CHESS                                       | ENGLISH EXAM                                | ENGLISH EXAM                                |   |
| 19.15-20.15 | LUNCH                                       | LUNCH                                       | LUNCH                                       | LUNCH                                       | LUNCH                                       |   |
| 21.00-22.00 | ANIMATION<br>BED TIME                       | KARAOKE<br>BED TIME                         | PLAY STATION<br>BED TIME                    | BED TIME                                    | ANIMATION<br>BED TIME                       |   |

Schedule subject to be changed. OFF COURT ACTIVITIES ARE GOING TO BE HELD ON SUNDAY.