

HOLIDAY CAMP – DECEMBER 2026 @ The Desa ParkCity Clubhouse

SCHEDULES

Please refer to the colour coding below for activity categories.

Green: Indoor Physical
Indoor recreational games with lots of activity, designed to **build teamwork and leadership skills.** Kids collaborate, communicate, and make new friends while staying active.

Orange: Outdoor Physical
Outdoor fun games that encourage **cooperation, building friendships, and enjoying the outdoors**. Activities help kids connect with nature, get fresh air, and stay healthy while working together toward common goals.

Purple: Junior Scientists
Hands-on learning through fun science experiments and creative building projects (e.g., volcanoes, bottle rockets). Kids work together, share ideas, and develop curiosity and problem-solving skills.

Yellow: Creatives
Arts, crafts, and culinary activities that **inspire creativity and self-expression** (e.g., origami, card making, desserts like parfaits and cakes). These activities foster friendships and encourage kids to appreciate each other's unique talents.

Blue: Water Activities
Water activities for all kids, regardless of swimming ability (kiddie pool for younger kids, shallow end for juniors). These games promote **physical health, teamwork, and confidence** in the water.

Light Blue: Indoor Mental
Indoor board games held after meals to help kids relax, digest, and recharge. These activities encourage **strategic thinking, friendly competition, and social interaction.**



EPS SPORTS ACADEMY

Kiddies (4 to 6 years old)

Week 1 (21st – 25th December) Kiddies (4 to 6 years old)

Time/Day	Monday 21st December	Tuesday 22nd December	Wednesday 23rd December	Thursday 24th December	Friday 25th December
8.30am	Welcome	Welcome	Welcome	Welcome	CHRISTMAS HOLIDAY
9.00am	Kick Ball - Bull Race	Poison Ball	Olympics - Relay race	Creative: Arts & Craft Christmas Tree	
10.00am	Kick Ball - Penalty Champions	Ice Cream race	Olympics - Shot Put	Creative: Arts & Craft Christmas Tree	
10.30am	Break	Break	Break	Break	
11.00am	Junior Scientists	Treasure hunt	Creative - Cooking (Parfait)	Water Activities - Marble hunt	
11.30am	Junior Scientists	Treasure hunt	Creative - Cooking (Parfait)	Water Activities - Shark tag	
12.00pm	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch	
1.00pm	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles	
2.00pm	Find The Relic Virus/Catch the Wheel	Water Activities - Swimming Games	Freeze Tag Marco Polo/Hopscotch	Fishing Horseshoe/Cowboy	
3.00pm	**Full Day: Pick Up**	**Full Day: Pick Up**	**Full Day: Pick Up**	**Full Day: Pick Up**	

Note :
Please pack Water, Snacks and Sun Block every day.
Please pack Clothes, Swimwear, Towels, Googles for Water Activities on Tuesdays (for Full Day participants) and Thursdays (for all participants).
Rest and Relaxation – All Full Day participants will be provided with a supervised free time from 1.00pm to 2.00pm. Board and Arcade games will be provided. Participants can bring activities and books from home.
The management reserves the right to change the program based on changes in circumstances.

Week 2 (28th – 31st December) Kiddies (4 to 6 years old)

Time/Day	Monday 28th December	Tuesday 29th December	Wednesday 30th December	Thursday 31st December	Friday 1st January
8.30am	Welcome	Welcome	Welcome	Welcome	NEW YEARS DAY
9.00am	Hoop Ball - Passing the parcel	Frisbee - Targets	Capture the Flag	Creative: Arts & Craft - Photo Booth	
10.00am	Hoop Ball - Monkey	Frisbee - Stop & Score	Pac-Man	Creative: Arts & Craft - Book Mark	
10.30am	Break	Break	Break	Break	
11.00am	Junior Scientists	Cannibal	Creative - Cooking (Cheesecake)	Water Activities - Poison Ball	
11.30am	Junior Scientists	Cannibal	Creative - Cooking (Cheesecake)	Water Activities - Piranha	
12.00pm	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch	
1.00pm	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles	
2.00pm	Mother Hen Hula Hoop Train	Water Activities - Swimming Games	Capture The Flag	Zombie Tag	
3.00pm	**Full Day: Pick Up**	**Full Day: Pick Up**	**Full Day: Pick Up**	**Full Day: Pick Up**	

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Week 3 (4th – 8th January) Kiddies (4 to 6 years old)

Time/Day	Monday 4th January	Tuesday 5th January	Wednesday 6th January	Thursday 7th January	Friday 8th January
8.30am	Welcome	Welcome	Welcome	Welcome	Welcome
9.00am	Touch rugby	Poison Ball	Throw And Catch	Cannibal	Police And Thief
10.00am	Chicken Game	Ice Cream race	Dodgeball	Cannibal	Zombie Tag
10.30am	Break	Break	Break	Break	Break
11.00am	Junior Scientists	Cloth hockey	Arts & Crafts - Balloon craft	Water Activities - Centipede	Creative - Cooking (Ice Cream)
11.30am	Junior Scientists	Musical chairs	Arts & Crafts - Balloon craft	Water Activities - Red Light, Green Light	Creative - Cooking (Ice Cream)
12.00pm	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch
1.00pm	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles
2.00pm	Mr. Wolf Ice Cream Race	Water Activities - Swimming Games	Cowboy Tunnel Race	Fishing Horseshoe Toss	Running Man Copycat
3.00pm	**Full Day: Pick Up**	**Full Day: Pick Up**	**Full Day: Pick Up**	**Full Day: Pick Up**	**Full Day: Pick Up**

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Juniors (7 to 12 years old)

Week 1 (21st – 25th December) Juniors (7 to 12 years old)

Time/Day	Monday 21st December	Tuesday 22nd December	Wednesday 23rd December	Thursday 24th December	Friday 25th December
8.30am	Welcome	Welcome	Welcome	Welcome	CHRISTMAS HOLIDAY
9.00am	Dodgeball	Tail Tag	Traditional Day - Baling Selipar	Creative: Arts & Craft Christmas Tree	
10.00am	Dodgeball	Running Man	Traditional Day - Galah Panjang	Creative: Arts & Craft Christmas Tree	
10.30am	Break	Break	Break	Break	
11.00am	Junior Scientists	The Amazing Race	Creative - Cooking (Parfait)	Water Activities - Relay	
11.30am	Junior Scientists	The Amazing Race	Creative - Cooking (Parfait)	Water Activities - Water Polo	
12.00pm	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch	
1.00pm	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles	
2.00pm	Tug Of War	Water Activities - Swimming Games	Capture The Flag	Poison Ball	
3.00pm	**Full Day: Pick Up**	**Full Day: Pick Up**	**Full Day: Pick Up**	**Full Day: Pick Up**	

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Week 2 (28th – 31st December) Juniors (7 to 12 years old)

Time/Day	Monday 28th December	Tuesday 29th December	Wednesday 30th December	Thursday 31st December	Friday 1st January
8.30am	Welcome	Welcome	Welcome	Welcome	NEW YEARS DAY
9.00am	Frisbee - Targets	Maze Runner	Games in the Park - Like This, Like That	Creative: Arts & Craft - Photo Booth	
10.00am	Frisbee - Stop & Score	Minesweeper	Games in the Park - Stop & Stare	Creative: Arts & Craft - Book Mark	
10.30am	Break	Break	Break	Break	
11.00am	Junior Scientists	Cannibal	Creative - Cooking (Cheesecake)	Water Activities - Marble Hunt	
11.30am	Junior Scientists	Cannibal	Creative - Cooking (Cheesecake)	Water Activities - Gladiators	
12.00pm	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch	
1.00pm	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles	
2.00pm	Ready, Set, Go! Hoop Race	Water Activities - Swimming Games	Banana Split Snakes And Ladders	Hit The Target	
3.00pm	**Full Day: Pick Up**	**Full Day: Pick Up**	**Full Day: Pick Up**	**Full Day: Pick Up**	

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Week 3 (4th – 8th January) Juniors (7 to 12 years old)

Time/Day	Monday 4th January	Tuesday 5th January	Wednesday 6th January	Thursday 7th January	Friday 8th January
8.30am	Welcome	Welcome	Welcome	Welcome	Welcome
9.00am	Netball - Recreational games	Tail Tag	Running Man (Tagging)	Camp Day - Make a Tent	Football - Recreational Games
10.00am	Netball - Recreational games	Running Man	Tail Tag	Camp Day - Survivor	Football - Blindfold Penalties
10.30am	Break	Break	Break	Break	Break
11.00am	Junior Scientists	Bang Bang !	Arts & Crafts - Balloon craft	Water Activities - Water Polo	Creative - Cooking (Ice Cream)
11.30am	Junior Scientists	Conqueror	Arts & Crafts - Balloon craft	Water Activities - Piranha	Creative - Cooking (Ice Cream)
12.00pm	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch	**Half Day: Pick Up** Full Day: Lunch
1.00pm	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles	Brain Games Boardgames and Puzzles
2.00pm	Blindfold Penalties Obstacle Run	Water Activities - Swimming Games	Capture The Flag Freeze Tag	Mother Hen Mad Wolf	Bang Bang Werewolf
3.00pm	**Full Day: Pick Up**	**Full Day: Pick Up**	**Full Day: Pick Up**	**Full Day: Pick Up**	**Full Day: Pick Up**

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