



“Unplug” Camp 2020

~ July 20th-24th ~



At a time when most of the American Youth prefer texting to talking, and 85 percent of respondents in an international poll said they couldn't go for one day without their Smartphone, it's safe to say that our youth (and most of us) desperately need a little time to unplug and recharge!

New research shows that most of us feel so tied down by technology that we can't let an email or text pass us by without having to respond to it. The constant need to keep checking messages and to monitor different websites, can lead to distraction. Our productiveness and stress levels naturally are affected.

In response to the demand for restorative tech-free recreation, we are offering a Digital Detox Camp to help your children restore their creativity and balance.

Dear parents, if you think that your children need to escape the demands and distractions of modern life, then you are ready to send your child to our Digital Detox Camp.

About the Camp:

Location: Ocean Twp. Pool & Tennis Facility, Oakhurst NJ.

Date & Time: July 20th-24th, 2020 ~ 9 am to 3 pm.

Activities: Round Table Discussion ~ Tennis ~ Swimming.

For Ages: 12 to 18

Schedule

- 9 –9:30 Morning Briefing
- 9:30-10:30: Tennis Instruction
- 10:30 – 11:30 Round Table*
- 11:30-12:00 Games
- 12:00 – 1:00 Lunch break & Discussions*
- 1:00-2:00 Swim time
- 2:00-3:00 Tennis games & Discussions*

Cost: \$300

(Space is limited)

Tennis a sport of Etiquette (proper behavior, politesse, respect, rules and decency) will be our main activity.

*The Round Table discussions will follow a set of guidelines designed to calm the mind and fully enjoy the present moment!

To request an application and for additional information please email *André* at:

andretenniscamps@hotmail.com