

GYMNASTICS CAMP

Monday

	LEVEL 3, 5-8, XG, XP, XD	LEVEL 2, 4, XB, XS, BEG
8:45	Check in	Check in
9:00	Stretch/Conditioning	Stretch/Conditioning
9:45	Gymnastics Main Gym	Flexibility/Presentation/Dance
10:30	Gymnastics Main Gym	In/Outdoor Activities
11:15	Gymnastics Main Gym	In/Outdoor Activities
12:00	Lunch- Swim Change	Lunch- Swim Change
1:00	Pool- Swim Change	Pool- Swim Change
2:00	In/Outdoor Activities	Gymnastics Main Gym
3:00	In/Outdoor Activities	Gymnastics Main Gym
4:00	Dismissed	Dismissed

Tuesday (Theme Day: Team)

	LEVEL 2, 4, 6-8, XG, XP, XD	LEVEL 3, 5, XB, XS, BEG
8:45	Check in	Check in
9:00	Stretch/Conditioning	Stretch/Conditioning
9:45	Gymnastics Main Gym	Flexibility/Presentation/Dance
10:30	Gymnastics Main Gym	In/Outdoor Activities/Snack
11:15	Gymnastics Main Gym	In/Outdoor Activities
12:00	Lunch- Swim Change	Lunch- Swim Change
1:00	Pool- Swim Change	Pool- Swim Change
2:00	In/Outdoor Activities	Gymnastics Main Gym
3:00	In/Outdoor Activities	Gymnastics Main Gym
4:00	Dismissed	Dismissed

Wednesday

	LEVEL 2-8, XG, XP, XD	LEVEL XB, XS, BEG
8:45	Check in	Check in
9:00	Gymnastics Main Gym	Gymnastics- Mini Gym
10:00	Gymnastics Main Gym	Gymnastics- Mini Gym
11:30	Lunch	Lunch
12:00	Load Bus	Load Bus
1:00	Wissahickon Ice Rink	Wissahickon Ice Rink
2:30	Load Bus	Load Bus
4:00	Dismissal	Dismissal

Thursday

	LEVEL 2, 4, 6-8, XG, XP, XD	LEVEL 3, 5, XB, XS, BEG
8:45	Check in	Check in
9:00	Stretch/Conditioning	Stretch/Conditioning
9:45	Gymnastics Main Gym	Flexibility/Presentation/Dance
10:30	Gymnastics Main Gym	In/Outdoor Activities
11:15	Gymnastics Main Gym	In/Outdoor Activities
12:00	Lunch- Swim Change	Lunch- Swim Change
1:00	Pool- Swim Change	Pool- Swim Change
2:00	In/Outdoor Activities	Gymnastics Main Gym
3:00	In/Outdoor Activities	Gymnastics Main Gym
4:00	Dismissed	Dismissed

Friday

	LEVEL 3, 5-8, XG, XP, XD	LEVEL 2, 4, XB, XS, BEG
8:45	Check in	Check in
9:00	Stretch/Conditioning	Stretch/Conditioning
9:45	Gymnastics Main Gym	Flexibility/Presentation/Dance
10:30	Gymnastics Main Gym	In/Outdoor Activities
11:15	Gymnastics Main Gym	In/Outdoor Activities
12:00	Lunch- Swim Change	Lunch- Swim Change
1:00	Pool- Swim Change	Pool- Swim Change
2:00	In/Outdoor Activities	Gymnastics Main Gym
3:00	In/Outdoor Activities	Gymnastics Main Gym
4:00	Dismissed	Dismissed