

# GYMNASTICS CAMP

## Monday

|        | LEVEL 5-8, XG, XP, XD & XB/XS | LEVEL 2, 3, 4 & REC   |
|--------|-------------------------------|-----------------------|
| 8-9:00 | Before Care                   | Before Care           |
| 9:00   | Stretch/Conditioning          | In/Outdoor Activities |
| 10:00  | Gymnastics                    | In/Outdoor Activities |
| 11:00  | Gymnastics                    | Lunch- Change         |
| 12:00  | Lunch- Change                 | Stretch/Conditioning  |
| 1:00   | In/Outdoor Activities         | Gymnastics            |
| 2:00   | In/Outdoor Activities         | Gymnastics            |
| 3:00   | Camp Dismissed                | Camp Dismissed        |
| 3-4:00 | After Care                    | After Care            |

## Wednesday

|        | LEVEL 5-8, XG, XP, XD & XB/XS | LEVEL 2, 3, 4, 5 & REC |
|--------|-------------------------------|------------------------|
| 8-9:00 | Before Care                   | Before Care            |
| 9:00   | Stretch/Conditioning          | In/Outdoor Activities  |
| 10:00  | Gymnastics                    | In/Outdoor Activities  |
| 11:00  | Lunch- Change                 | Lunch- Change          |
| 11:30  | Leave for Trip                | Leave for trip         |
| 1:00   |                               |                        |
| 2:30   | Return from Trip              | Return from Trip       |
| 3:00   | Camp Dismissed                | Camp Dismissed         |
| 3-4:00 | After Care                    | After Care             |

## Friday

|        | LEVEL 5-8, XG, XP, XD & XB/XS                  | LEVEL 2, 3, 4 & REC                            |
|--------|------------------------------------------------|------------------------------------------------|
| 8-9:00 | Before Care                                    | Before Care                                    |
| 9:00   | Stretch/Conditioning                           | In/Outdoor Activities<br>In/Outdoor Activities |
| 10:00  | Gymnastics                                     | In/Outdoor Activities                          |
| 11:00  | Gymnastics                                     | Lunch- Change                                  |
| 12:00  | Lunch- Change                                  | Stretch/Conditioning                           |
| 1:00   | In/Outdoor Activities<br>In/Outdoor Activities | Gymnastics                                     |
| 2:00   | In/Outdoor Activities                          | Gymnastics                                     |
| 3:00   | Camp Dismissed                                 | Camp Dismissed                                 |
| 3-4:00 | After Care                                     | After Care                                     |

## Tuesday (Theme: Dress like Your Dad/Mom)

|        | LEVEL 5-8, XG, XP, XD & XB/XS | LEVEL 2, 3, 4 & REC   |
|--------|-------------------------------|-----------------------|
| 8-9:00 | Before Care                   | Before Care           |
| 9:00   | Stretch/Conditioning          | In/Outdoor Activities |
| 10:00  | Gymnastics                    | In/Outdoor Activities |
| 11:00  | Gymnastics                    | Lunch- Change         |
| 12:00  | Lunch- Change                 | Stretch/Conditioning  |
| 1:00   | In/Outdoor Activities         | Gymnastics            |
| 2:00   | In/Outdoor Activities         | Gymnastics            |
| 3:00   | Camp Dismissed                | Camp Dismissed        |
| 3-4:00 | After Care                    | After Care            |

## Thursday

|        | LEVEL L4, XG, XP, XD & XB/XS | LEVEL 2, 3, 5, 6 & REC |
|--------|------------------------------|------------------------|
| 8-9:00 | Before Care                  | Before Care            |
| 9:00   | Stretch/Conditioning         | In/Outdoor Activities  |
| 10:00  | Gymnastics                   | In/Outdoor Activities  |
| 11:00  | Gymnastics                   | Lunch- Change          |
| 12:00  | Lunch- Change                | Stretch/Conditioning   |
| 1:00   | In/Outdoor Activities        | Gymnastics             |
| 2:00   | In/Outdoor Activities        | Gymnastics             |
| 3:00   | Camp Dismissed               | Camp Dismissed         |
| 3-4:00 | After Care                   | After Care             |