

GYMNASTICS CAMP

GYMNASTICS CAMP						
	Monday				Tuesday (Theme: Olympics, Dress to support your fav country or athlete)	
	LEVEL L5-8, ALL XCEL	LEVEL 2-4 & REC			LEVEL L5-8, ALL XCEL	LEVEL 2-4 & REC
8-9:00	Before Care	Before Care		8-9:00	Before Care	Before Care
9:00	Stretch/Conditioning	In/Outdoor Activities		9:00	Stretch/Conditioning	In/Outdoor Activities
10:00	Gymnastics	Water Play			Gymnastics	In/Outdoor Activities
11:00	Gymnastics	Lunch- Change			Gymnastics	Lunch- Change
12:00	Lunch- Change	Stretch/Conditioning		12:00	Lunch- Change	Stretch/Conditioning
1:00	Walk to Rec Pool	Gymnastics		1:00	In/Outdoor	Gymnastics
2:00	Walk to gym	Gymnastics		2:00	In/Outdoor Activities	Gymnastics
3:00	Camp Dismissed	Camp Dismissed		3:00	Camp Dismissed	Camp Dismissed
3-4:00	After Care	After Care		3-4:00	After Care	After Care
	Wednesday				Thursday	
	LEVEL L5-8, ALL XCEL	LEVEL 2-4 & REC			LEVEL L5-8, ALL XCEL	LEVEL 2-4 & REC
8-9:00	Before Care	Before Care		8-9:00	Before Care	Before Care
9:00	Leave for Trip	Leave for trip		9:00	Stretch/Conditioning	In/Outdoor Activities
10:00	Tour of Farm	Goat Yoga			Gymnastics	In/Outdoor Activities
11:00	Goat Yoga	Tour of Farm			Gymnastics	Lunch- Change
12:00	Return from Trip	Return from Trip		12:00	Lunch- Change	Stretch/Conditioning
1:00	Lunch	Lunch		1:00	In/Outdoor	Gymnastics
2:00	Games	Games		2:00	In/Outdoor Activities	Gymnastics
3:00	Camp Dismissed	Camp Dismissed		3:00	Camp Dismissed	Camp Dismissed
3-4:00	After Care	After Care		3-4:00	After Care	After Care
	Friday					
	LEVEL L5-8, ALL XCEL	LEVEL 2-4 & REC				
8-9:00	Before Care	Before Care				
9:00	Stretch/Conditioning	In/Outdoor Activities				
10:00	Gymnastics	Water Play				
11:00	Gymnastics	Lunch- Change				
12:00	Lunch- Change	Stretch/Conditioning				
1:00	Walk to Rec Pool	Gymnastics				
2:00	Walk to gym	Gymnastics				
3:00	Camp Dismissed	Camp Dismissed				
3-4:00	After Care	After Care				