



# A "TYPICAL" DAY AT A TWISTERS CAMP



Gymnastics Events: Floor Exercise, Balance Beam, Uneven Bars, Vaulting, and Tumble Trak

Time	Activity
9:00am	Gymnastics Warm-Up
9:15am	Gymnastics Event 1
9:30am	Gymnastics Event 2
9:45am	Group Game
10:00am	Free Play
10:15am	Snack Break (Please bring a snack)
10:30am	Arts and Crafts
10:45am	Yoga Warmup
11:00am	Gymnastics Event 3
11:15am	Practice for Friday Show
11:30am	Group Game
11:45am	Free Play
12:00pm	End of Camp for 1/2 Day Campers
12:15pm	Lunch (Please bring a lunch)
12:30pm	Lunch
12:45pm	Gymnastic Warmup
1:00pm	Gymnastics Event 4
1:15pm	Gymnastics Event 5
1:30pm	Group Game
1:45pm	Free Play
2:00pm	Free Play
End of Day	End of Day for Full Day Campers

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