

J&C CAMPS

1 DAY CAMP SCHEDULE

Day 1

9:00 - 9:30 - Warm up & Jump
Class

9:30 - 10:15 - Stunt Class

10:15 - 11:00 - Material (Cheer)

11: -11:30 - Material (Dance)

11:30 - Noon - Stunt/Pyramids

Noon - 1:00 - Lunch

1:00 - 2:00 - Stunt / Pyramids or
Tosses

2:00 - 3:00 - Practice for
Evaluation (Dance or Cheer)

3:00 - 3:15 - Evaluation of
Dance/Cheer

3:15 - 3:30 - All Star Tryouts

3:30 - 3:45 - Team Time

3:45 -4:00 Stretch

4:00 - End of Day 2