



## **SUMMER CAMP SAMPLE SCHEDULE**

9:00 – 9:15	Athlete Arrival & Open Gym
9:15 – 9:45	Warm Up & Stretch
9:45 – 10:30	Tumbling line drills & stations
10:30 – 11:00	Game
11:00 – 11:30	Jumps
11:30 – 12:30	Lunch with Activity
12:30 – 12:45	Game / ReWarmup
12:45 – 1:30	Stunting
1:30 – 2:30	Games, “Create your own routine”, etc.
2:30 – 3:00	Open Gym

### **WEDNESDAYS**

TIE DYE! Bring an article of clothing you would like to tie dye!!

### **FRIDAYS**

WATER DAY! Bring a bathing suit, towel & sunscreen. Inflatable water slides, water balloons, popsicles and more!

\*Subject to change based on the needs of athletes signed up for camp