

DAILY CAMP ACTIVITY SCHEDULE

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
		***Super Hero Day	***Crazy Hair Day
8:30-9:00am	Orientation/Stretch	Warm-up/Stretch	Warm-up/Stretch
9:00-10:15am	Basic Tumbling	Airtrac/Obstacle Course	Tumbling
10:15am-10:30am	Break	Break	Break
10:30-11:30	Strength Training with a certified physical trainer	Strength Training with a certified physical trainer	Strength Training with a certified physical trainer
11:30-12:15pm	Lunch - Sub sandwiches	Lunch - Quesadillas/Tacos	Lunch - Pizza
12:15-1:15pm	Cheer/Stunting	Basic Tumbling	Cheer/Stunting
1:15-2:00pm	Airtrac/Obstacle Course	Finale Practice	Airtrac/Obstacle Course
2:00-2:15pm	Break	Break	Break
2:15-3:00pm	Finale Practice	Cheer/Stunting	Finale Practice
3:00-3:30pm	Games/Open Gym	Games/Open Gym	Games/Open Gym

	<u>THURSDAY</u>	<u>FRIDAY</u>	
	***Military Day	***Camp T-shirt Day	
8:30-9:00am	Warm-up/Stretch	Warm-up/Stretch	8:30-9:00am
9:00-10:15am	Cheer/Stunting	Tumbling	9:00-10:15am
10:15am-10:30am	Break	Break	10:15am-10:30am
10:30-11:30	Strength Training with a certified physical trainer	Water Balloon fight	10:30-11:30
11:30-12:15pm	Lunch - sub sandwiches	Lunch - Pizza	11:30-12:15pm
12:15-1:15pm	Basic Tumbling	Cheer/Stunting	12:15-1:15pm
1:15-2:00pm	Finale Practice	Strength Training with a certified physical trainer	1:15-2:00pm
2:00-2:15pm	Break	Break	2:00-2:15pm
2:15-3:00pm	Airtrac/Obstacle Course	Finale Practice	2:15-3:00pm
3:00-3:30pm	Games/Open Gym	Finale Performance	3:00-3:30pm

*****Skills contest: Whoever learns the most new tricks at camp during the week will win a "Trickster of the Camp" Trophy.**

*****Campers will learn a choreographed routine/skit which they will perform for the parents the last day of camp.**