

GYMNASTIKA Summer Camp Schedule

– Week #2

June 22–26, 2026

Monday, June 22

Gymnastics + Swimming Day

9:00 – 9:15 AM

Arrival & Jump Rope Warm-Up

9:15 – 10:00 AM

Stretching, Flexibility & Conditioning

10:00 – 11:00 AM

Acrobatics, Gymnastics Skills & Strength Training

11:00 – 11:30 AM

Snack & Prepare for Departure

12:00 – 1:30 PM

Swimming & Playground at Woodland Hills Recreation Center

1:30 – 2:15 PM

Lunch (*Campers Vote on Lunch Options!* 🗳️)

2:30 – 3:00 PM

Educational Games & Pick-Up

Tuesday, June 23

Gymnastics + Creativity Day

9:00 – 9:15 AM

Arrival & Jump Rope Warm-Up

9:15 – 10:00 AM

Stretching, Flexibility & Conditioning

10:00 – 11:00 AM

Acrobatics & Gymnastics Skills

11:00 – 11:30 AM

Prepare for Departure & Walk to Lunch

11:30 AM – 12:00 PM

Lunch (*Campers Vote on Lunch Options!* 🗳️)

12:00 – 12:30 PM

Playground Time

12:30 – 1:30 PM

Arts & Crafts Project

1:30 – 2:30 PM

Rhythmic Gymnastics Apparatus Training (*Ribbon, Ball, Hoop & Rope*)

2:30 – 3:00 PM

Educational Games & Pick-Up

Wednesday, June 24

Gymnastics + Swimming Day

9:00 – 9:15 AM

Arrival & Jump Rope Warm-Up

9:15 – 10:00 AM

Stretching, Flexibility & Conditioning

10:00 – 11:00 AM

Acrobatics, Gymnastics Skills & Strength Training

11:00 – 11:30 AM

Snack & Prepare for Departure

12:00 – 1:30 PM

Swimming & Playground at Woodland Hills Recreation Center

1:30 – 2:15 PM

Lunch (*Campers Vote on Lunch Options!* 🗳️)

2:30 – 3:00 PM

Group Games & Pick-Up

Thursday, June 25

Gymnastics + Creativity Day

9:00 – 9:15 AM

Arrival & Jump Rope Warm-Up

9:15 – 10:00 AM

Stretching, Flexibility & Conditioning

10:00 – 11:00 AM

Acrobatics & Gymnastics Skills

11:00 – 11:30 AM

Prepare for Departure & Walk to Lunch

11:30 AM – 12:00 PM

Lunch (*Campers Vote on Lunch Options!* 🗳️)

12:00 – 12:30 PM

Playground Time

12:30 – 1:30 PM

Arts & Crafts Project

1:30 – 2:30 PM

Rhythmic Gymnastics Apparatus Training (*Ribbon, Ball, Hoop & Rope*)

2:30 – 3:00 PM

Educational Games & Pick-Up



Friday, June 26

Gymnastics + Swimming + Ice Cream Celebration

9:00 – 9:15 AM

Arrival & Jump Rope Warm-Up

9:15 – 10:00 AM

Stretching & Acrobatics

10:00 – 11:00 AM

Conditioning, Flexibility & Fun Competitions


11:00 – 11:30 AM

Snack & Prepare for Departure

12:00 – 1:30 PM

Swimming & Playground at Woodland Hills Recreation Center

1:30 – 2:30 PM

Lunch & Ice Cream Celebration 

2:30 – 3:00 PM

Games, Camp Awards & Pick-Up