

GYMNASTIKA Summer Camp Schedule - Week #3: July 13–17

MONDAY, JULY 13

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 Break

11:30 AM–12:30 PM

Outdoor Games & Playground Time

12:30–1:30 PM

Lunch (campers vote on lunch options)

1:30–2:30 PM

Rhythmic Gymnastics Apparatus Handling
(Ribbon, Ball, Hoop & Rope)

2:30–3:00 PM

Educational Games & Pick-Up

TUESDAY, JULY 14

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

Snack Break

11:30 AM–12:15 PM

Arts & Crafts Project

12:15–1:30 PM

Lunch (campers vote on lunch options)

1:30–2:30 PM

Ballet Choreography for the upcoming shows

2:30–3:00 PM

Movement Games & Pick-Up

WEDNESDAY, JULY 15

9:00–9:15 AM

Arrival & Jump Rope Warm-Up

9:15–10:00 AM

Stretching, Flexibility & Conditioning

10:00–11:00 AM

Gymnastics Skills, Acrobatics & Strength Training

11:00–11:30 AM

Snack Break

11:30 AM–12:15 PM

Gymnastics Challenges & Team Games

12:15–1:30 PM

Lunch (campers vote on lunch options)

1:30–2:30 PM

Rhythmic Gymnastics Choreography for the upcoming shows

2:30–3:00 PM

Educational Games & Pick-Up

THURSDAY, JULY 16

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

Snack Break

11:30 AM–12:15 PM

Creative Project & Team Activities

12:15–1:30 PM

Lunch (campers vote on lunch options)

1:30–2:30 PM

Ballet Choreography for the upcoming shows

2:30–3:00 PM

Educational Games & Pick-Up

FRIDAY, JULY 17

9:00–9:15 AM

Arrival & Jump Rope Warm-Up

9:15–10:00 AM

Stretching & Acrobatics

10:00–11:00 AM

Gymnastics Games, Challenges & Competitions

11:00–11:30 AM

Snack Break

11:30 AM–12:15 PM

Rhythmic Gymnastics Choreography for the upcoming shows

12:15–1:30 PM

Lunch (campers vote on lunch options)

1:30–2:30 PM

Camp Celebration, Awards & Ice Cream Treat

2:30–3:00 PM

Games & Pick-Up