

Gymnastics Camp

Sample Daily Schedule

9:00	Warm Up
9:15	Group Meeting
9:30	Vault
10:00	Snack
10:15	Game
10:30	Floor
11:00	Beam
11:30	Lunch
12:15	Walk/Playground

1:00	Warm Up
1:15	Group Meeting
1:30	Floor
2:00	Snack
2:15	Art
2:30	Game
3:00	Dance
3:30	Bars
4:00	Dismissal