

Gymnastics Camp

Sample Daily Schedule
Ages 5-8

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

1:00	Warm Up
1:15	Group Meeting
1:30	Bars
2:00	Art
2:15	Snack
2:30	Tumble Trak
3:00	Vault
3:30	Floor
4:00	Dismissal