

Gymnastics Camp

Sample Daily Schedule
Ages 9+

9:00	Warm Up
9:15	Group Meeting
9:30	Bars
10:00	Snack
10:15	Game
10:30	Beam
11:00	Floor
11:30	Vault
12:00	Lunch + Games

1:00	Warm Up
1:15	Group Meeting
1:30	Vault
2:00	Bars
2:30	Snack
2:45	Art
3:00	Tumble Trak
3:30	Beam
4:00	Dismissal