



## GYM SPORT & ACTIVITY CAMP ITINERARY

|               |                     |   |
|---------------|---------------------|---|
| 8:00 - 8:15   | Drop-off Child Care |   |
| 8:15 - 8:30   |                     |   |
| 8:30 - 8:45   |                     |   |
| 8:45 - 9:00   |                     |   |
| 9:00 - 9:15   | GAME                | Aerobic group game & gymnastics warm-up.  |
| 9:15 - 9:30   | WARM-UP             |   |
| 9:30 - 9:45   | GYMNASTICS          | Gymnastics apparatus training including; Vault, Bars, Beam, Floor, Tumbl Trak & Trampoline. |
| 9:45 - 10:00  |                     |   |
| 10:00 - 10:15 |                     |   |
| 10:15 - 10:30 |                     |   |
| 10:30 - 10:45 | SNACK               | Nutritional snack-time and rest period.   |
| 10:45 - 11:00 | ACTIVE GYM GAME     | Active, organized group game.   |
| 11:00 - 11:15 | GYMNASTICS          | Gymnastics apparatus training including; Vault, Bars, Beam, Floor, Tumbl Trak & Trampoline. |
| 11:15 - 11:30 |                     |   |
| 11:30 - 11:45 |                     |   |
| 11:45 - 12:00 |                     |   |
| 12:00 - 12:15 | OUTDOOR PLAY        | Outdoor game & play time; active fun & fresh-air.   |
| 12:15 - 12:30 |                     |   |
| 12:30 - 12:45 |                     |   |
| 12:45 - 1:00  | LUNCH               | Nutritional lunch-time and rest period.   |
| 1:00 - 1:15   | ARTS & CRAFTS       | Unique arts & craft activity.   |
| 1:15 - 1:30   |                     |   |
| 1:30 - 1:45   |                     |   |
| 1:45 - 2:00   | GYMNASTICS          | Gymnastics apparatus training including; Vault, Bars, Beam, Floor, Tumbl Trak & Trampoline. |
| 2:00 - 2:15   |                     |   |
| 2:15 - 2:30   |                     |   |
| 2:30 - 2:45   |                     |   |
| 2:45 - 3:00   | SNACK               | Nutritional snack-time and rest period.   |
| 3:00 - 3:15   | OUTDOOR PLAY        | Outdoor game & play time; active fun & fresh-air.   |
| 3:15 - 3:30   |                     |   |
| 3:30 - 3:45   | GYMNASTICS          | Gymnastics apparatus training including; Vault, Bars, Beam, Floor, Tumbl Trak & Trampoline. |
| 3:45 - 4:00   |                     |   |
| 4:00 - 4:15   |                     |   |
| 4:15 - 4:30   | Pick-up Child Care  |   |
| 4:30 - 4:45   |                     |   |
| 4:45 - 5:00   |                     |   |