



KID-GYM & 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	FOAM PIT	AEROBIC CIRCUIT	Aerobic group warm-up and dynamic playtime in the foam pit.
9:15 - 9:30	AEROBIC CIRCUIT	FOAM PIT	
9:30 - 9:45	GYMNASTICS		Gymnastics apparatus training including; Vault, Bars, Beam, Floor, Tumbl Trak & Trampoline.
9:45 - 10:00			
10:00 - 10:15	SNACK		Nutritional snack-time and rest period.
10:15 - 10:30			
10:30 - 10:45	ACTIVE GYM GAME		Active, organized group game.
10:45 - 11:00			
11:00 - 11:15	ARTS & CRAFTS		Unique arts & craft activity.
11:15 - 11:30			
11:30 - 11:45	GYMNASTICS		Gymnastics apparatus training including; Vault, Bars, Beam, Floor, Tumbl Trak & Trampoline.
11:45 - 12:00			
12:00 - 12:15	ACTIVE GYM GAME		Active, organized group game.
12:15 - 12:30			
12:30 - 12:45	LUNCH		Nutritional lunch-time and rest period.
12:45 - 1:00			
1:00 - 1:15	OUTDOOR PLAY		Outdoor game & play time; active fun & fresh-air.
1:15 - 1:30			
1:30 - 1:45	GYMNASTICS		Gymnastics apparatus training including; Vault, Bars, Beam, Floor, Tumbl Trak & Trampoline.
1:45 - 2:00			
2:00 - 2:15	SNACK		Nutritional snack-time and rest period.
2:15 - 2:30			
2:30 - 2:45	ACTIVE GYM GAME		Active, organized group game.
2:45 - 3:00			
3:00 - 3:15	ARTS & CRAFTS		Unique arts & craft activity.
3:15 - 3:30			
3:30 - 3:45	GYMNASTICS		Gymnastics apparatus training.
3:45 - 4:00			
4:00 - 4:15	ACTIVE GYM GAME		Active, organized group game.
4:15 - 4:30			
4:30 - 4:45	Pick-up Child Care		
4:45 - 5:00			