

GymKats Sample Daily Camp Schedule

Half-Day Morning Camp

9:00 am	Arrival and introductions
9:05 am	Warm-up games and gymnastics circuits <i>(on vault, bars, rings, beam, floor, & mini trampoline)</i>
10:20 am	Story time
10:30 am	Snack and quiet time
10:50 am	Morning craft
11:20 am	Morning gym game <i>(e.g. beach volleyball in gym, stick your landings circuit)</i>
11:50 am	Stickers and prepare for home time

Half-Day Afternoon Camp

1:00 pm	Arrival and introductions
1:05 pm	Warm-up games and gymnastics circuits <i>(on vault, bars, rings, beam, floor, & mini trampoline)</i>
2:20 pm	Story time
2:30 pm	Snack and quiet time
2:50 pm	Afternoon craft
3:20 pm	Afternoon gym game <i>(e.g. snowball toss, bowling, mini trampoline game)</i>
3:50 pm	Stickers and prepare for home time

Full Day Camp – Gymnastics Camp

9:00 am	Arrival and introductions
9:05 am	Warm-up games and gymnastics circuits <i>(on vault, bars, rings, beam, floor, & mini trampoline)</i>
10:20 am	Story time <i>(read aloud for younger campers, solo reading for older campers)</i>
10:30 am	Snack and quiet time
10:50 am	Morning craft
11:20 am	Morning gym game <i>(e.g. beach volleyball in gym, stick your landings circuit)</i>
11:50 am	Stickers and prepare for lunch
12:00 pm	Lunch and quiet time activities
1:00 pm	Warm-up games and gymnastics circuits <i>(on vault, bars, rings, beam, floor, & mini trampoline)</i>
2:20 pm	Story time <i>(read aloud for younger campers, solo reading for older campers)</i>
2:30 pm	Snack and quiet time
2:50 pm	Afternoon craft
3:20 pm	Afternoon gym game <i>(e.g. snowball toss, bowling, mini trampoline game)</i>
3:50 pm	Stickers and prepare for home time

* Please note that this is a sample schedule, which changes day-to-day depending on camper energy levels and theme days.