

Sample Full Day Camp Schedule – SuperKats Camp

9:00 am	Arrival and introductions
9:05 am	Warm-up and gymnastics circuits <i>(on vault, bars, rings, beam, floor, & mini trampoline)</i>
10:30 am	Snack and quiet time
10:50 am	Morning craft activity
11:20 am	Morning gymnastics circuits part #2
11:50 am	Stickers and prepare for home lunch
12:00 pm	Lunch and quiet time activities
1:00 pm	Gymnastics circuits #3 <i>(on vault, bars, rings, beam, floor, & mini trampoline)</i>
2:20 pm	Goal setting or gymnastics journal time
2:35 pm	Snack and quiet time
2:50 pm	Afternoon quiet time <i>(e.g. craft, quiet games)</i>
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.*