

9:00 AM

Strech & Conditioning

9:45 AM

Balances or Walkovers

10:15 AM

Snack

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10:30 AM

Tumbling

11:15 AM

Aerials

12:00 PM

Lunch

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1:00 PM

Warm Up & Games

1:30 PM

Balances or Walkovers

2:00 PM

Tumbling

2:45 PM

Aerials

3:30 PM

Technique Building

4:00 PM

Team Building

# Summer Camp Schedule

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