

STRAIGHT A'S GYMNASTICS & PACIFIC DIVING ACADEMY SUMMER CAMP SAMPLE WEEKLY ITINERARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9AM: CHECK IN	9AM: CHECK IN	9AM: CHECK IN	9AM: CHECK IN	9AM: CHECK IN
9:30AM: GROUP WARMUP	9:30AM: GROUP WARMUP	9:30AM: GROUP WARMUP	9:30AM: GROUP WARMUP	9:30AM: GROUP WARMUP
9:45AM: THEME FOCUS: CARTWHEEL AND ROUND OFF BASICS	9:45AM: THEME FOCUS: CW, RO, & BHS DRILLS	9:45AM: THEME FOCUS: STEP AND SNAP DOWNS	9:45AM: THEME FOCUS: SKILLS AND DRILLS	9:45AM: THEME FOCUS: BACK TUMBLING
10:45AM: REST BREAK	10:45AM: REST BREAK	10:45AM: REST BREAK	10:45AM: REST BREAK	10:45AM: REST BREAK
11AM: GROUP GAME: RELAY RACES	11AM: GROUP GAME: CAPTURE THE FLAG	11AM: GROUP GAME: PIT WARS	11AM: GROUP GAME: ADD-ON	11AM: GROUP GAME: CHICKEN IN THE COOP
11:15AM: STRENGTH TRAINING	11:15AM: STRENGTH TRAINING	11:15AM: STRENGTH TRAINING	11:15AM: STRENGTH TRAINING	11:15AM: STRENGTH TRAINING
11:45AM: FREE TIME	11:45AM: FREE TIME	11:45: MOVIE HOUR AND LUNCH BREAK	11:45AM: FREE TIME	11:45AM: FREE TIME
12PM: LUNCH BREAK	12PM: LUNCH BREAK	MOVIE HOUR AND LUNCH BREAK	12PM: LUNCH BREAK	12PM: LUNCH BREAK
12:30PM: CRAFT ACTIVITY - ORIGAMI PINWHEEL	12:30PM: CRAFT ACTIVITY (CONT.)	MOVIE HOUR AND LUNCH BREAK	12:30PM: ACTIVITY - PAPER STAINED GLASS	12:30PM: FUN IN THE SUN
1PM: THEME FOCUS: CONNECTIONS	1PM: THEME FOCUS: BEAM/LINE CARTWHEELS AND ROUND OFFS	1:30PM: THEME FOCUS: APPLYING CARTWHEELS AND ROUND OFFS TO VAULT	1PM: THEME FOCUS: BEAM/LINE CARTWHEELS AND ROUND OFFS	1:30PM: SNACK BREAK & COOLDOWN
2PM: SNACK BREAK	2PM: SNACK BREAK	2:15PM: SNACK BREAK	2PM: SNACK BREAK	2PM: THEME FOCUS: SHOW AND TELL
2:15PM: STRETCHING AND MOBILITY	2:15PM: STRETCHING AND MOBILITY	2:30PM: STRETCHING AND MOBILITY	2:15PM: STRETCHING AND MOBILITY	2:30PM: STRETCHING AND MOBILITY
2:45PM: FREE TIME AND CLEANUP	2:45PM: FREE TIME AND CLEANUP	2:45PM: FREE TIME AND CLEANUP	2:45PM: FREE TIME AND CLEANUP	2:45PM: FREE TIME AND CLEANUP