Young's Gym Summer Cheer Camp 2021
Week 1 (June 14-18)

Monday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Jumps and Dance (Formations and 8-counts)**
9:45-10:15am	Snack Break
10:15-10:45am	Cheerleading Training: **Review Jumps and Dance**
10:45-11:15am	Group Game in the Gym: Ships and Sailors!
11:15am-12:00pm	**Stunts!**

Tuesday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Jumps and Dance (Formations and 8-counts)**
9:45-10:15am	Cheerleading Training: **Stunts!**
10:15-10:45am	Snack Break
10:45-11:30am	Group Game in the Gym: Candy Treasure Hunt!
11:30am-12:00pm	Gym Free Play or Tumbling

Wednesday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Tumbling Section (Formations and 8-counts)**
9:45-10:15am	Snack Break
10:15-10:45am	Cheerleading Training: **Review Jumps, Dance and Tumbling Sections**
10:45-11:15am	Group Game in the Gym: Sharks and Minnows!
11:15am-12:00pm	**Stunts! (Formations and 8-counts)**

Thursday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)**
9:45-10:15am	Snack Break
10:15-11:30am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)**
11:30am-12:00pm	Gym Free Play or Tumbling

Friday: **Cheerleading Exhibition Showcase! (Parents Invited to Watch)**

8:30-8:45am	Warm-up and Stretch
8:45-9:45am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)**
9:45-10:15am	Snack Break
10:15-11:30am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)**
11:30am-12:00pm	**Cheerleading Exhibition Showcase!**

Young's Gym Summer Cheer Camp 2021
Week 2: Wet-n-Wild! (June 21-25)

Monday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Jumps and Dance (Formations and 8-counts)**
9:45-10:15am	Snack Break
10:15-10:45am	Cheerleading Training: **Review Jumps and Dance**
10:45-11:30am	**Stunts!**
11:30am-12:00pm	Gym Free Play or Tumbling

Tuesday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Jumps and Dance (Formations and 8-counts)**
9:45-10:15am	Snack Break
10:15-10:45am	Cheerleading Training: **Stunts! (Formations and 8-counts)**
10:45-11:15am	Group Game in the Gym: Jump the Creek and The Color Game!
11:15am-12:00pm	**Review Stunts (Formations and 8-counts)**

Wednesday: **Bring a change of clothes, sunscreen, tennis shoes (for water balloons)**

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Tumbling Section (Formations and 8-counts)**
9:45-10:15am	Snack Break
10:15-11:00am	Group Games Outside: **Water Balloon Toss and Popsicles!**
11:00am-12:00pm	**Review Jumps, Dance and Stunts (Formations and 8-counts)**

Thursday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)**
9:45-10:15am	Snack Break
10:15-10:45am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)**
10:45-11:15am	Group Game in the Gym: Sharks and Minnows!
11:15am-12:00pm	Gym Free Play or Tumbling

Friday: **Bring a bathing suit, towel, sunscreen, water shoes (for water slide)**
Cheerleading Exhibition Showcase! (Parents Invited to Watch)

8:30-8:45am	Warm-up and Stretch
8:45-10:15am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)** and Snack Break (9:30-45)
10:15-11:30am	Group Activity Outside: **Waterslide and Water Games!**
11:30am-12:00pm	**Cheerleading Exhibition Showcase!**

Young's Gym Summer Cheer Camp 2021
Week 3 (June 28-July 2)

Monday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Tumbling Section (Formations and 8-counts)**
9:45-10:15am	Snack Break
10:15-10:45am	Cheerleading Training: **Review Jumps and Dance**
10:45-11:15am	Group Game in the Gym: Cougars and Campers!
11:15am-12:00pm	**Stunts!**

Tuesday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Jumps and Dance (Formations and 8-counts)**
9:45-10:15am	Snack Break
10:15-10:45am	Cheerleading Training: **Stunts!**
10:45-11:15am	Group Game in the Gym: Jump the Creek and Rock Tag!
11:15am-12:00pm	Gym Free Play or Tumbling

Wednesday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Tumbling Section (Formations and 8-counts)**
9:45-10:15am	Snack Break
10:15-10:30am	Group Game in the Gym: Stick it!
10:30-11:15am	Cheerleading Training: **Review Jumps, Dance and Tumbling Sections**
11:15am-12:00pm	**Stunts! (Formations and 8-counts)**

Thursday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-10:30am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)**
10:30-10:45am	Snack Break
10:45-11:15am	Group Game in the Gym: Eagle Eye!
11:15am-12:00pm	Gym Free Play or Tumbling

Friday: **Cheerleading Exhibition Showcase! (Parents Invited to Watch)**

8:30-8:45am	Warm-up and Stretch
8:45-9:45am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)**
9:45-10:15am	Snack Break
10:15-11:30am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)**
11:30am-12:00pm	**Cheerleading Exhibition Showcase!**

Young's Gym Summer Cheer Camp 2021
Week 4 (July 12-16)

Monday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Tumbling Section (Formations and 8-counts)**
9:45-10:15am	Snack Break
10:15-10:45am	Cheerleading Training: **Review Jumps and Dance**
10:45-11:30am	Group Game in the Gym: Sharks and Minnows!
11:30am-12:00pm	**Stunts!**

Tuesday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Jumps and Dance (Formations and 8-counts)**
9:45-10:15am	Snack Break
10:15-10:45am	Cheerleading Training: **Stunts!**
10:45-11:15am	Group Game in the Gym: **Chicken in the Hen House!**
11:15am-12:00pm	Gym Free Play or Tumbling

Wednesday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Tumbling Section (Formations and 8-counts)**
9:45-10:15am	Snack Break
10:15-11:00am	Cheerleading Training: **Review Jumps, Dance and Tumbling Sections**
11:00am-12:00pm	**Stunts! (Formations and 8-counts)**

Thursday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)**
9:45-10:15am	Snack Break
10:15-10:45am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)**
10:45-11:15am	Group Game in the Gym: Eagle Eye!
11:15am-12:00pm	Gym Free Play or Tumbling

Friday: **Cheerleading Exhibition Showcase! (Parents Invited to Watch)**

8:30-8:45am	Warm-up and Stretch
8:45-9:45am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)**
9:45-10:15am	Snack Break
10:15-11:30am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)**
11:30am-12:00pm	**Cheerleading Exhibition Showcase!**

Young's Gym Summer Cheer Camp 2021
Week 5: More Wet-n-Wild! (July 19-23)

Monday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Jumps and Dance (Formations and 8-counts)**
9:45-10:15am	Snack Break
10:15-10:45am	Cheerleading Training: **Review Jumps and Dance**
10:45-11:30am	**Stunts!**
11:30am-12:00pm	Gym Free Play or Tumbling

Tuesday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Jumps and Dance (Formations and 8-counts)**
9:45-10:15am	Snack Break
10:15-10:45am	Cheerleading Training: **Stunts! (Formations and 8-counts)**
10:45-11:15am	Group Game in the Gym: Jump the Creek and Stick It!
11:15am-12:00pm	**Review Stunts (Formations and 8-counts)**

Wednesday: **Bring a change of clothes, sunscreen, tennis shoes (for water balloons)**

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Tumbling Section (Formations and 8-counts)**
9:45-10:15am	Snack Break
10:15-11:00am	Group Games Outside: **Water Balloon Toss and Popsicles!**
11:00am-12:00pm	**Review Jumps, Dance and Stunts (Formations and 8-counts)**

Thursday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)**
9:45-10:15am	Snack Break
10:15-10:45am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)**
10:45-11:15am	Group Game in the Gym: Ships and Sailors!
11:15am-12:00pm	Gym Free Play or Tumbling

Friday: **Bring a bathing suit, towel, sunscreen, water shoes (for water slide)**
Cheerleading Exhibition Showcase! (Parents Invited to Watch)

8:30-8:45am	Warm-up and Stretch
8:45-10:15am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)** and Snack Break (9:30-45)
10:15-11:30am	Group Activity Outside: **Waterslide and Water Games!**
11:30am-12:00pm	**Cheerleading Exhibition Showcase!**

Young's Gym Summer Cheer Camp 2021
Week 6: Young's Gym Olympics! (July 26-30)

Monday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Jumps and Dance (Formations and 8-counts)**
9:45-10:15am	Snack Break
10:15-11:00am	Cheerleading Training: **Review Jumps and Dance**
11:00-11:15am	Group Game in the Gym: Stick It!
11:15am-12:00pm	**Stunts!**

Tuesday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Jumps and Dance (Formations and 8-counts)**
9:45-10:15am	Snack Break
10:15-10:45am	Craft: **Make Olympic Rings!**
10:45-11:30am	Cheerleading Training: **Stunts!**
11:30am-12:00pm	Gym Free Play or Tumbling

Wednesday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Tumbling Section (Formations and 8-counts)**
9:45-10:15am	Snack Break
10:15-11:00am	Cheerleading Training: **Review Jumps, Dance and Tumbling Sections**
11:00am-12:00pm	**Stunts! (Formations and 8-counts)**

Thursday:

8:30-9:15am	Warm-up/Stretch and Cheerleading Training: **Tumble Lines and Stations**
9:15-9:45am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)**
9:45-10:15am	Snack Break
10:15-10:45am	Craft: **Make Olympic Torches!**
10:45-11:30am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)**
11:30am-12:00pm	Gym Free Play or Tumbling

Friday: **Young's Gym Olympics and Cheer Exhibition! (Parent's Invited to Watch!)**

8:30-8:45am	Warm-up and Stretch
8:45-9:45am	Cheerleading Training: **Practice Routine (Jumps, Tumbling, Stunts, and Dance)**
9:45-10:15am	Snack Break
10:15-11:00am	Practice Routine and Opening Ceremony for Olympics
11:00am-12:00pm	**Young's Gym Olympics and Cheerleading Exhibition: Opening Ceremony, Competition**