

Young's Gym Summer Cheer Camp 2022
Week 4 (July 11-15)

Monday:

8:00-9:15am	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 Games in the Gym: Ships and Sailors and The Color Game!
11:15am-12:00pm	Stunts!

Tuesday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Cheerleading Training: Jumps and Dance (Formations and 8-counts)
10:00-10:30am	Snack Break
10:30-11:00am	Craft: Design a Cheerleading Uniform Contest!
11:00am-12:00pm	Review Stunts (Formations and 8-counts) and Gym Free Play!

Wednesday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Snack Break
10:00-10:30am	Cheerleading Training: Tumbling Section (Formations and 8-counts)
10:30-11:00am	Cheerleading Training: Practice Routine (Jumps, Tumbling, Stunts, and Dance)
11:00am-12:00pm	Group Games in the Gym: Eagle Eye and Stick It! and Gym Free Play!

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

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Cheerleading Training: Practice Routine (Jumps, Tumbling, Stunts, and Dance)
10:00-10:30am	Snack Break
10:30-11:45am	Group Game in the Gym: Candy Treasure Hunt! and Gym Free Play!
11:45am-12:00pm	Cheerleading Exhibition Showcase!

Friday:

8:00-9:00am	Drop-off/Gym Free Play
9:00-9:30am	Group Games: Teacher's Choice
9:30-10:00am	Snack Break
10:00-11:45am	INFLATABLES and Gym Free Play!
11:45am-12:00pm	Camp Awards Ceremony!