

**Young's Gym Summer Cheer Camp 2022**  
**Week 1 (June 13-17)**

**Monday:**

|                 |   |
|-----------------|---|
| 8:00-9:00am     | Drop-off/Gym Free Play  |
| 9:00am-9:45am   | Warm-up/Stretch and Cheerleading Training: <b>Tumble Lines and Stations</b> |
| 9:45-10:15am    | Cheerleading Training: <b>Jumps and Dance (Formations and 8-counts)</b>     |
| 10:15-10:45am   | Snack Break   |
| 10:45-11:15am   | <b>Stunts!</b>  |
| 11:15am-12:00pm | Group Game in the Gym: <b>Cougars and Campers!</b> and Gym Free Play!       |

**Tuesday:**

|                 |  |
|-----------------|--|
| 8:00-8:45am     | Drop-off/Gym Free Play   |
| 8:45-9:30am     | Warm-up/Stretch and Cheerleading Training: <b>Tumble Lines and Stations</b>            |
| 9:30-10:00am    | Snack Break  |
| 10:00-10:30am   | Cheerleading Training: <b>Jumps and Dance (Formations and 8-counts)</b>                |
| 10:30-11am      | <b>Review Stunts (Formations and 8-counts)</b>   |
| 11:00am-12:00pm | Group Games in the Gym: <b>Eagle Eye</b> and <b>The Color Game!</b> and Gym Free Play! |

**Wednesday:**

|                 |   |
|-----------------|---|
| 8:00-8:45am     | Drop-off/Gym Free Play  |
| 8:45-9:30am     | Warm-up/Stretch and Cheerleading Training: <b>Tumble Lines and Stations</b> |
| 9:30-10:00am    | Cheerleading Training: <b>Tumbling Section (Formations and 8-counts)</b>    |
| 10:00-10:30am   | Snack Break   |
| 10:30-11:00am   | Craft: <b>Design a Cheerleading Uniform Contest!</b>                        |
| 11:00am-12:00pm | 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: <b>Tumble Lines and Stations</b>         |
| 9:30-10:00am    | Snack Break   |
| 10:00-11:00am   | Cheerleading Training: <b>Practice Routine (Jumps, Tumbling, Stunts, and Dance)</b> |
| 11:00-11:45am   | Group Games in the Gym: <b>Rock Tag</b> and <b>Stick It!</b> and Gym Free Play!     |
| 11:45am-12:00pm | <b>Cheerleading Exhibition Showcase!</b>  |

**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   | <b>INFLATABLES</b> and Gym Free Play! |
| 11:45am-12:00pm | <b>Camp Awards Ceremony!</b>          |