

Young's Gym Summer Cheer Camp 2022
Week 3: Young's Gym Olympics! (June 27-July 1)

Monday:

8:00-9:00am	Drop-off/Gym Free Play
9:00am-9:45am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:45-10:15am	Snack Break
10:15-10:45am	Cheerleading Training: Jumps and Dance (Formations and 8-counts)
10:45-11:15am	Stunts!
11:15am-12:00pm	Group Games in the Gym: Stick It and Soccer!

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	Snack Break
10:00-10:30am	Cheerleading Training: Jumps and Dance (Formations and 8-counts)
10:30-11am	Review Stunts (Formations and 8-counts)
11:00am-12:00pm	Group Games in the Gym: Javelin Throw with Pool Noodles and Basketball!

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	Craft: Make Olympic Torches! and Gym Free Play!

Thursday: Young's Gym Olympics! (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	Snack Break
10:00-10:30am	Cheerleading Training: Practice Routine (Jumps, Tumbling, Stunts, and Dance)
10:30-11:30am	Practice Opening Ceremony for Olympics!
11:30am-12:00pm	Young's Gym Olympics: Opening Ceremony, Competition

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!