

Youngs Gym Summer Camp 2026
Week 1: Pirates and Treasure Hunts! (June 8-12)

Monday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:45am	Gymnastics Lesson: Floor Base and Beam
9:45-10:15am	Snack Break
10:15-11:15am	Group Activity: Build a PIRATE SHIP with Mats Challenge!
11:15am-12:00pm	Gym Free Play!

Tuesday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:45am	Gymnastics Lesson: Vault and Bars/Rings
9:45-10:15am	Group Games in the Gym: Ships and Sailors and The Color Game!
10:15-10:45am	Snack Break
10:45-11:30am	Craft: Make Pirate Hats with Eye Patches!
11:30am-12:00pm	Group Activity: Sword Fight with Pool Noodles! and Gym Free Play!

Wednesday:

8:00-8:30am	Drop-off/Gym Free Play
8:30-9:30am	Gymnastics Lesson: Bars and Floor Stations
9:30-10:00am	Gym Free Play!
10:00-10:30am	Snack Break
10:30-11:00am	Classroom Activity: Pirate Bingo!
11:00am-12:00pm	Group Games in the Gym: Parrot Eye and Stick It! and Gym Free Play!

Thursday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:45am	Gymnastics Lesson: Vault and Beam
9:45-10:15am	Snack Break
10:15-10:45am	Classroom Activity: Pirate Pictionary!
10:45-11:45am	Group Game in the Gym: Candy Treasure Hunt!
11:45am-12:00pm	Gym Free Play!

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!

Youngs Gym Summer Camp 2026
Week 2: Wet-n-Wild! (June 15-19)

Monday: Bring a change of clothes, sunscreen, tennis shoes (for water relays)

8:00-9:00am	Drop-off/Gym Free Play
9:00-10:00am	Gymnastics Lesson: Floor Base and Beam
10:00-10:30am	Snack Break (Start Watching Finding Nemo, Rated G)
10:30-11:30am	Group Game Outside: Water Relays and Popsicles!
11:30am-12:00pm	Gym Free Play

Tuesday:

8:00-8:30am	Drop-off/Gym Free Play
8:30-9:30am	Gymnastics Lesson: Vault and Bars/Rings
9:30-10:00am	Gym Free Play!
10:00-10:30am	Snack Break (Continue Watching Finding Nemo, Rated G)
10:30-11:00am	Craft: Start Deep Sea Watercolor Sun Catchers!
11:00am-12:00pm	Group Games in the Gym: Ships and Sailors, The Color Game and Beam Toss!

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

8:00-8:30am	Drop-off/Gym Free Play
8:30-9:30am	Gymnastics Lesson: Bars and Floor Stations
9:30-10:00am	Snack Break (Continue Watching Finding Nemo, Rated G)
10:00-11:00am	Group Games Outside: Water Balloon Toss and Popsicles!
11:00-11:15am	Craft: Finish Deep Sea Watercolor Sun Catchers!
11:15am-12:00pm	Group Game: Teacher's Choice and Gym Free Play

Thursday:

8:00-8:30am	Drop-off/Gym Free Play
8:30-9:30am	Gymnastics Lesson: Vault and Beam
9:30-10:00am	Gym Free Play!
10:00-10:30am	Snack Break (Continue Watching Finding Nemo, Rated G)
10:30-11:00am	Craft: Design a Waterslide Contest!
11:00am-12:00pm	Group Games in the Gym: Sharks and Minnows, Stick It and Ships and Sailors!

Friday: Bring a bathing suit, towel, sunscreen for water slide)

8:00-9:00am	Drop-off/Gym Free Play
9:00-10:00am	Tiered Snack Breaks (in Groups)!
9:30-11:15am	Tiered Waterslide and Water Games Time Outside (in Groups)!
10:45-11:30am	Tiered Dry Off Time Outside with Popsicles (in Groups)!
11:30am-12:00pm	Gym Free Play and Camp Awards Ceremony!

Youngs Gym Summer Camp 2026
Week 3: Superhero Bootcamp! (June 22-26)

Monday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:45am	"Superhero Training" Gymnastics Lesson: Floor Base and Beam
9:45-10:15am	Snack Break (Start Watching The Incredibles, Rated PG)
10:15-11:15am	Group Game in the Gym: Capture the Flag!
11:15am-12:00pm	Gym Free Play!

Tuesday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:45am	"Superhero Training" Gymnastics Lesson: Vault and Bars/Rings
9:45-10:15am	Group Game in the Gym: Super Grip Hanging Contest and Flash Fast Speed Challenge!
10:15-10:45am	Snack Break (Continue Watching The Incredibles, Rated PG)
10:45-11:30am	Craft: Design a Superhero Shield!
11:30am-12:00pm	Group Activity: Pool Noodle Tag! and Gym Free Play!

Wednesday:

8:00-8:30am	Drop-off/Gym Free Play
8:30-9:30am	"Superhero Training" Gymnastics Lesson: Bars and Floor Stations
9:30-10:00am	Gym Free Play!
10:00-10:30am	Snack Break (Continue Watching The Incredibles, Rated PG)
10:30-11:00am	Craft: Superhero Coloring Page!
11:00am-12:00pm	Group Games in the Gym: Eagle Eye Invisibility Challenge & Super Balance Beam Toss!

Thursday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:45am	"Superhero Training" Gymnastics Lesson: Vault and Beam
9:45-10:15am	Snack Break (Continue Watching The Incredibles, Rated PG)
10:15-10:45am	Group Activity: Superhero Obstacle Courses!
10:45-11:45am	Group Game in the Gym: Hide and Seek "Superhero Disguise!" and Heroes v. Villains!
11:45am-12:00pm	Gym Free Play!

Friday: **Wear a Superhero Costume or Superhero Inspired Outfit!**

8:00-9:00am	Drop-off/Gym Free Play
9:00-9:30am	Group Games: Teacher's Choice
9:30-10:00am	Snack Break (Continue Watching The Incredibles, Rated PG)
10:00-11:45am	INFLATABLES and Gym Free Play!
11:45am-12:00pm	Camp Awards Ceremony!

Youngs Gym Summer Camp 2026
Week 4: Camping! (June 29-July 3)

Monday:

8:00-9:00am	Drop-off/Gym Free Play
9:00-10:00am	Gymnastics Lesson: Floor Base and Beam
10:00-10:30am	Snack Break
10:30-11:00am	Group Game in the Gym: Cougars and Campers!
11:00am-12:00pm	Group Activity: Build a TENT with Mats Challenge!

Tuesday: Snack included (S'MORES!)

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:45am	Gymnastics Lesson: Vault and Bars/Rings
9:45-10:30am	Group Games in the Gym: Eagle Eye and Beam Toss!
10:30-11:15am	Snack Break: Make and Eat S'MORES!
11:15am-12:00pm	Craft: Design Your Own Camper! & Gym Free Play!

Wednesday:

8:00-8:30am	Drop-off/Gym Free Play
8:30-9:30am	Gymnastics Lesson: Bars and Floor Stations
9:30-10:00am	Snack Break
10:00-10:30am	Group Games in the Gym: Rock Tag!
10:30-11:15am	Classroom Activity: Campfire Pictionary!
11:15am-12:00pm	Gym Free Play!

Thursday:

8:00-8:30am	Drop-off/Gym Free Play
8:30-9:30am	Gymnastics Lesson: Vault and Beam
9:30-10:00am	Gym Free Play!
10:00-10:30am	Snack Break
10:30-11:00am	Classroom Activity: What Would You Take Camping?
11:00am-12:00pm	Group Games in the Gym: Eagle Eye, Stick It and The Color Game!

Friday: Pajama Day!

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!

Youngs Gym Summer Camp 2026
Week 4: More Wet-n-Wild! (July 13-17)

Monday: Bring a change of clothes, sunscreen, tennis shoes (for water relays)

8:00-9:00am	Drop-off/Gym Free Play
9:00-10:00am	Gymnastics Lesson: Floor Base and Beam
10:00-10:30am	Snack Break (Start Watching Moana, Rated PG)
10:30-11:30am	Group Game Outside: Water Relays and Popsicles!
11:30am-12:00pm	Gym Free Play

Tuesday:

8:00-8:30am	Drop-off/Gym Free Play
8:30-9:30am	Gymnastics Lesson: Vault and Bars/Rings
9:30-10:00am	Gym Free Play!
10:00-10:30am	Snack Break (Continue Watching Moana, Rated PG)
10:30-11:00am	Craft: Start Watercolor Rainbow Sun Catchers!
11:00am-12:00pm	Group Games in the Gym: Ships and Sailors, The Color Game and Beam Toss!

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

8:00-8:30am	Drop-off/Gym Free Play
8:30-9:30am	Gymnastics Lesson: Bars and Floor Stations
9:30-10:00am	Snack Break (Continue Watching Moana, Rated PG)
10:00-11:00am	Group Games Outside: Water Balloon Toss and Popsicles!
11:00-11:15am	Craft: Finish Watercolor Rainbow Sun Catchers!
11:15am-12:00pm	Group Game: Teacher's Choice and Gym Free Play

Thursday:

8:00-8:30am	Drop-off/Gym Free Play
8:30-9:30am	Gymnastics Lesson: Vault and Beam
9:30-10:00am	Gym Free Play!
10:00-10:30am	Snack Break (Continue Watching Moana, Rated PG)
10:30-11:00am	Craft: Design a Cruise Boat Contest!
11:00am-12:00pm	Group Games in the Gym: Sharks and Minnows, Stick It and Ships and Sailors!

Friday: Bring a bathing suit, towel, sunscreen (for water slide)

8:00-9:00am	Drop-off/Gym Free Play
9:00-10:00am	Tiered Snack Breaks (in Groups)!
9:30-11:15am	Tiered Waterslide and Water Games Time Outside (in Groups)!
10:45-11:30am	Tiered Dry Off Time Outside with Popsicles (in Groups)!
11:30am-12:00pm	Gym Free Play and Camp Awards Ceremony!

Youngs Gym Summer Camp 2026
Week 6: Youngs Gym Olympics! (July 20-24)

Monday:

8:00-9:00am	Drop-off/Gym Free Play
9:00-10:00am	Gymnastics Lesson: Floor Base and Beam
10:00-10:30am	Practice Routines for Olympics and Gym Free Play!
10:30-11:00am	Snack Break
11:00-11:30am	Group Games in the Gym: Stick It and Soccer!
11:30am-12:00pm	Classroom Activity: Divide into Teams (Countries), Create Country Name and Flag

Tuesday:

8:00-8:30am	Drop-off/Gym Free Play
8:30-9:30am	Gymnastics Lesson: Vault and Bars/Rings
9:30-10:00am	Practice Routines for Olympics and Gym Free Play!
10:00-10:30am	Snack Break
10:30-11:00am	Craft: Make Olympic Rings!
11:00am-12:00pm	Group Games in the Gym: Javelin Throw with Pool Noodles, Basketball and Stick It!

Wednesday:

8:00-8:30am	Drop-off/Gym Free Play
8:30-9:30am	Gymnastics Lesson: Bars and Floor Stations
9:30-10:00am	Group Games in the Gym: Relay Races, Long Jump, Hurdles and Volleyball!
10:00-10:30am	Snack Break
10:30-11:15am	Craft: Make Olympic Torches!
11:15am-12:00pm	Practice Routines for Olympics and Gym Free Play!

Thursday: Young's Gym Olympics! (Parent's Invited to Watch!)

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:45am	Gymnastics Lesson: Vault and Beam
9:45-10:15am	Snack Break
10:15-10:45am	Practice Routines for Olympics and Gym Free Play!
10:45-11:30am	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!

Youngs Gym Summer Camp 2026
Week 7: Even More Wet-n-Wild! (July 27-31)

Monday:

8:00-8:30am	Drop-off/Gym Free Play
8:30-9:30am	Gymnastics Lesson: Vault and Bars/Rings
9:30-10:00am	Gym Free Play!
10:00-10:30am	Snack Break (Start Watching Moana 2, Rated PG)
10:30-11:00am	Craft: Start Watercolor Aquatic Scene Craft!
11:00am-12:00pm	Group Games in the Gym: Ships and Sailors, The Color Game and Beam Toss!

Tuesday: Bring a change of clothes, sunscreen, tennis shoes (for water relays)

8:00-9:00am	Drop-off/Gym Free Play
9:00-10:00am	Gymnastics Lesson: Floor Base and Beam
10:00-10:30am	Snack Break (Continue Watching Moana 2, Rated PG)
10:30-11:30am	Group Game Outside: Water Relays and Popsicles!
11:30am-12:00pm	Gym Free Play

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

8:00-8:30am	Drop-off/Gym Free Play
8:30-9:30am	Gymnastics Lesson: Bars and Floor Stations
9:30-10:00am	Snack Break (Continue Watching Moana 2, Rated PG)
10:00-11:00am	Group Games Outside: Water Balloon Toss and Popsicles!
11:00-11:15am	Craft: Finish Watercolor Aquatic Scene Craft!
11:15am-12:00pm	Group Game: Teacher's Choice and Gym Free Play

Thursday:

8:00-8:30am	Drop-off/Gym Free Play
8:30-9:30am	Gymnastics Lesson: Vault and Beam
9:30-10:00am	Gym Free Play!
10:00-10:30am	Snack Break (Continue Watching Moana 2, Rated PG)
10:30-11:00am	Craft: Design a Submarine Contest!
11:00am-12:00pm	Group Games in the Gym: Sharks and Minnows, Stick It and Ships and Sailors!

Friday: Bring a bathing suit, towel, sunscreen (for water slide)

8:00-9:00am	Drop-off/Gym Free Play
9:00-10:00am	Tiered Snack Breaks (in Groups)!
9:30-11:15am	Tiered Waterslide and Water Games Time Outside (in Groups)!
10:45-11:30am	Tiered Dry Off Time Outside with Popsicles (in Groups)!
11:30am-12:00pm	Gym Free Play and Camp Awards Ceremony!

Youngs Gym Summer Camp 2026
Week 8: Circus! (August 3-7)

Monday:

8:00-9:00am	Drop-off/Gym Free Play
9:00-10:00am	Gymnastics Lesson: Beam and Floor Base ("Contortion")
10:00-10:30am	Group Game in the Gym: Circus Ring Toss!
10:30-11:00am	Snack Break (Start Watching The Greatest Showman, Rated PG)
11:00am-12:00pm	Group Activity: Build a Circus CIRCUS TENT with Mats Challenge!

Tuesday:

8:00-8:30am	Drop-off/Gym Free Play
8:30-9:30am	Gymnastics Lesson: Vault and Bars/Rings ("Trapeze")
9:30-10:00am	Group Game in the Gym: Balloon Relay Races!
10:00-10:30am	Snack Break (Continue Watching The Greatest Showman, Rated PG)
10:30-11:00am	Craft: Choose a Circus Animal to Draw and Write Facts About
11:00am-12:00pm	Group Games in the Gym: Stick It, The Color Game and Larry, Moe & Curly!

Wednesday

8:00-8:30am	Drop-off/Gym Free Play
8:30-9:30am	Gymnastics Lesson: Bars and Floor Stations ("Acrobatics")
9:30-10:00am	Snack Break (Continue Watching The Greatest Showman, Rated PG)
10:00-10:30am	Group Game in the Gym: Clown Relay Races! and Gym Free Play!
10:30-11:15am	Craft: Make a Trapeze Artist!
11:15am-12:00pm	Gym Free Play!

Thursday:

8:00-8:30am	Drop-off/Gym Free Play
8:30-9:30am	Gymnastics Lesson: Vault and Beam ("Tight Rope")
9:30-10:00am	Group Games in the Gym: Cornhole and Bean Bag Beam Toss!
10:00-10:30am	Snack Break (Continue Watching The Greatest Showman, Rated PG)
10:30-11:00am	Classroom Activity: Circus Pictionary!
11:00am-12:00pm	Group Games in the Gym: Chicken in the Hen House, Stick It and Hula Hoop Contest!

Friday: Dress Wacky Tacky Day! Winner Gets a Prize!

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!

Youngs Gym Summer Camp 2026