



## Gymnastics, Cheer & Dance Camp 2016



		Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:30	ALL	Carpool & Flagpole	Carpool & Flagpole	Carpool & Flagpole	Carpool & Flagpole	Carpool & Flagpole
9:30-9:45	ALL	Warm up &Stretch	Warm up &Stretch	Warm up &Stretch	Warm up &Stretch	Warm up &Stretch
9:45-10:40	ALL	Gymnastics Rotations	Gymnastics Rotations	Gymnastics Rotations	Gymnastics Rotations	Gymnastics Rotations
10:40-10:50	ALL	SNACK	SNACK	SNACK	SNACK	SNACK
10:50-11:45	ALL	Gymnastics Rotations	Gymnastics Rotations	Gymnastics Rotations	Gymnastics Rotations	Gymnastics Rotations
11:45-12:00	ALL	Locker Room	Locker Room	Locker Room	Locker Room	Locker Room
12:00-12:30	ALL	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Free Swim
12:30-12:45	ALL	Locker Room	Locker Room	Locker Room	Locker Room	Locker Room
12:45-1:15	ALL	Lunch	Lunch	Lunch	Lunch	Lunch
1:30-2:05	ALL	Free Swim (1:25-2:25)	*Specialist	Free Swim (1:25-2:25)	Cheer, Dance & Gymnastics	Shabbat
2:10-2:45	ALL	Free Swim & Locker Room	*Specialist	Free Swim & Locker Room	Cheer, Dance & Gymnastics	Shabbat
2:45-2:55	ALL	Daily Recap: Mazel Moments	Daily Recap: Mazel Moments	Daily Recap: Mazel Moments	Daily Recap: Mazel Moments	Daily Recap: Mazel Moments
2:55-3:00	All	Carpool	Carpool	Carpool	Carpool	Carpool

\*Specialist include art, Isreal alive, sports, team building, cooking & nature