

Summer Camp

Daily Schedule

8:30	Gym Opens
9:15 - 9:30	Opening Game or Warm - Up Exercises
9:30 - 9:45	Warm -Up
9:45 - 10:15	Rotation 1
10:15 - 10:45	Rotation 2
10:45 - 11:00	Snack
11:00 - 11:30	Rotation 3
11:30 - 11:55	Rotation 4
11:55 - 12:00	Get Ready for Lunch
12:00 - 12:30	Lunch
12:30 - 12:50	Open Gym / Special Activity
12:50 - 1:00	Get Ready for Swimming
1:00 - 1:45	Swim
1:45 - 2:00	Get Ready for More Gymnastics
2:00 - 2:30	Rotation 5 / Other Sports Activities
2:30 - 3:00	Games
3:00 - 3:10	Get Ready to go Home
3:15	Go Home

Swim Times:

1:00 - 1:30	Instructional Swim
1:30 - 1:45	Free Swim

* The schedules could change slightly from this format, with the exceptions of lunch and swim times.

Reminders:

- ♣ Always bring you lunch with you to the JCC, unless you advance order your lunch through Noshers. You will not be able to buy meals/snacks at the Café during camp. If you bring money for extra food, you can purchase it *after* camp.
- ♣ We will leave the gym at 3:15pm to take the campers to bus pick-up, P.M. Care, and/or car pool pick up. ***Please let us know at the start of the camp correct bus number your child is on and whether or not your child goes to P.M. Care, or should be taken out to the car pool pick up area.***
- ♣ Camp pick up is in front of the main building by the Joe Frank Theater. ***Please try to pick around 3:25pm.***
- ♣ Read you gymnastics Camp rules carefully and have a great time!