



CHEERNASTICS SUMMER CAMP

July 15-19

9am-4pm

Register [HERE](#)

General Schedule:

9-9:30am Open Play

9:30-10:15am Gymnastics Circuit

10:15-11am Team Relay Competition - Hit the buzzer!

11-11:45am Cheerleading - Learn to stunt!

12-1pm Lunch & Craft

1-2pm Learn a Dance

2-2:45pm Tumbling Circuit

2:45-3:30pm Team Bonding

3:30-4pm Open Play

Schedule Description

9-9:30am Open Play

- While campers are arriving, our staff will be checking people in and getting kids comfortable, facilitating introductions in a casual, laid-back setting.

9:30-10:15am Gymnastics Circuit

- Staff will set up two separate, basic tumbling circuits suitable for both beginners and intermediate/advanced tumblers. Here, athletes will safely learn new tumbling skills and bond with other kids!

10:15-11am Team Relay Competition - Hit the buzzer!

- We'll divide campers up into teams and host a friendly competition of gymnastics-style challenges, promoting teamwork and sportsmanship!

11-11:45am Cheerleading - Learn to stunt!

- Staff form groups and teach basic stunting progressions and lead stretches and activities on our Stunt Stands!



12-1pm Lunch & Craft

- Our crafts include: Cheer Bow decorating on Monday, Coloring on Tuesday, Friendship Bracelets on Wednesday, guided painting on Thursday, and a Photo Booth photoshoot on Friday.

1-2pm Learn a Dance

- Each day, our staff will teach a 2 8-count, repeatable dance to a popular (kid-friendly) song. Other staff members will be walking around helping!

2-2:45pm Tumble Circuit

- Staff will set up one massive tumbling circuit, and will tell each child what they should work on at each station depending on their experience level.

2:45-3:30pm Team Bonding

- From trading friendship bracelets to ice breaker games, we've got a lot of equipment to make fitness and friendship FUN!

3:30-4pm Open Play

- Similar to how they arrived, campers will get to hang out as they wait for their parents to arrive. If someone different is picking them up than the person who dropped them off, be sure to tell a staff member at drop-off!