

## Young's Gym Summer Camp 2023 Week 1: Circus! (June 12-16)

### Monday:

8:00-9:00am	Drop-off/Gym Free Play
9:00-9:45am	Gymnastics Lesson: Beam and Floor Base ("Contortion")
9:45-10:15am	Gym Free Play!
10:15-10:45am	Snack Break
10:45-11:15am	Craft: <b>Choose a Circus Animal to Draw and Write Facts About</b>
11:15am-12:00pm	Group Games in the Gym: <b>Larry, Moe, &amp; Curly</b> and <b>The Color Game!</b>

### Tuesday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Gymnastics Lesson: Bars and Rings ("Trapeze")
9:30-10:00am	Gym Free Play!
10:00-10:30am	Snack Break
10:30-11:00am	Classroom Activity: <b>Bingo!</b>
11:00am-12:00pm	Group Game in the Gym: <b>Circus Ring Toss</b> and <b>Cornhole!</b>

### Wednesday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Gymnastics Lesson: Bars and Floor Stations ("Acrobatics")
9:30-10:00am	Snack Break
10:00-10:30am	Group Game in the Gym: <b>Clown Relay Races!</b> and Gym Free Play!
10:30-11:30am	Group Activity: <b>Build a Circus CIRCUS TENT with Mats Challenge!</b>
11:30am-12:00pm	Gym Free Play!

### Thursday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Gymnastics Lesson: Vault and Beam ("Tight Rope")
9:30-10:00am	Gym Free Play!
10:00-10:30am	Snack Break
10:30-11:00am	Classroom Activity: <b>Circus Pictionary!</b>
11:00am-12:00pm	Group Games in the Gym: <b>Chicken in the Hen House</b> and <b>Stick It!</b> and Gym Free Play!

### 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	<b>INFLATABLES</b> and Gym Free Play!
11:45am-12:00pm	<b>Camp Awards Ceremony!</b>

**Young's Gym Summer Camp 2023**  
**Week 2: Wet-n-Wild! (June 19-23)**

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

8:00-9:00am	Drop-off/Gym Free Play
9:00-9:45am	Gymnastics Lesson: Floor Base and Beam
9:45-10:15am	Snack Break
10:15-11:15am	Group Game Outside: <b>Water Relays and Popsicles!</b>
11:15am-12:00pm	Gym Free Play

**Tuesday:**

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Gymnastics Lesson: Bars and Rings
9:30-10:00am	Gym Free Play!
10:00-10:30am	Snack Break
10:30-11:00am	Craft: <b>Deep Sea Watercolor Sun Catchers!</b>
11:00am-12:00pm	Group Games in the Gym: <b>Ships and Sailors</b> and <b>The Color Game!</b> and Gym Free Play!

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

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Gymnastics Lesson: Bars and Floor Stations
9:30-10:00am	Snack Break
10:00-11:00am	Group Games Outside: <b>Water Balloon Toss</b> and <b>Popsicles!</b>
11:00-11:30am	Group Games: Teacher's Choice
11:30am-12:00pm	Gym Free Play

**Thursday:**

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Gymnastics Lesson: Vault and Beam
9:30-10:00am	Gym Free Play!
10:00-10:30am	Snack Break
10:30-11:00am	Craft: <b>Design a Waterslide Contest!</b>
11:00am-12:00pm	Group Games in the Gym: <b>Sharks and Minnows</b> and <b>Stick It!</b> and Gym Free Play!

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

8:00-9:00am	Drop-off/Gym Free Play
9:00-9:30am	Group Games: Teacher's Choice
9:30-10:00am	Snack Break
10:00-11:30am	Group Activity Outside: <b>Waterslide and Water Games!</b>
11:30am-12:00pm	Gym Free Play and Camp Awards Ceremony!

**Young's Gym Summer Camp 2023**  
**Week 3: Camping! (June 26-30)**

**Monday:**

8:00-9:00am	Drop-off/Gym Free Play
9:00-9:45am	Gymnastics Lesson: Floor Base and Beam
9:45-10:15am	Snack Break
10:15-10:45am	Gym Free Play!
10:45-11:15am	Classroom Activity: <b>What Would You Take Camping?</b>
11:15am-12:00pm	Group Game in the Gym: <b>Cougars and Campers!</b> and Gym Free Play!

**Tuesday: Snack included (S'MORES!)**

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

**Wednesday:**

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Gymnastics Lesson: Bars and Floor Stations
9:30-10:00am	Snack Break
10:00-10:30am	Group Games in the Gym: <b>Cougars and Campers!</b>
10:30-11:30am	Group Activity: <b>Build a TENT with Mats Challenge!</b>
11:30am-12:00pm	Gym Free Play!

**Thursday:**

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Gymnastics Lesson: Vault and Beam
9:30-10:00am	Gym Free Play!
10:00-10:30am	Snack Break
10:30-11:00am	Classroom Activity: <b>Campfire Pictionary!</b>
11:00am-12:00pm	Group Games in the Gym: <b>Rock Tag</b> and <b>Stick It!</b> and Gym Free Play!

**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	<b>INFLATABLES</b> and Gym Free Play!
11:45am-12:00pm	<b>Camp Awards Ceremony!</b>

**Young's Gym Summer Camp 2023**  
**Week 4: Space Jam! (July 10-14)**

**Monday:**

8:00-9:00am	Drop-off/Gym Free Play
9:00-9:45am	Gymnastics Lesson: Floor Base and Beam
9:45-10:15am	Gym Free Play!
10:15-10:45am	Snack Break
10:45-11:15am	Craft: <b>Watercolor Planets!</b>
11:15am-12:00pm	Group Games in the Gym: <b>Musical Planets</b> and <b>The Color Game!</b> and Gym Free Play!

**Tuesday:**

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Gymnastics Lesson: Bars and Rings
9:30-10:00am	Gym Free Play!
10:00-10:30am	Snack Break
10:30-11:00am	Classroom Activity: <b>Learn the Names and Order of the Planets!</b>
11:00am-12:00pm	Group Game in the Gym: <b>Zero Gravity Balloon Races!</b> and Gym Free Play!

**Wednesday:**

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Gymnastics Lesson: Bars and Floor Stations
9:30-10:00am	Gym Free Play!
10:00-10:30am	Snack Break
10:30-11:00am	Craft: <b>Design a Flying Saucer or Space Shuttle Contest!</b>
11:00am-12:00pm	Group Games in the Gym: <b>Star Catchers</b> and <b>Stick It!</b> and Gym Free Play!

**Thursday:**

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Gymnastics Lesson: Vault and Beam
9:30-10:00am	Gym Free Play!
10:00-10:30am	Snack Break
10:30-11:00am	Classroom Activity: <b>Space Trivia!</b>
11:00am-12:00pm	Group Game in the Gym: <b>Saturn Ring Toss!</b> and 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	<b>Moon Walk Simulators (INFLATABLES)</b> and Gym Free Play!
11:45am-12:00pm	<b>Camp Awards Ceremony!</b>

**Young's Gym Summer Camp 2023**  
**Week 5: More Wet-n-Wild! (July 17-21)**

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

8:00-9:00am	Drop-off/Gym Free Play
9:00-9:45am	Gymnastics Lesson: Floor Base and Beam
9:45-10:15am	Snack Break
10:15-11:15am	Group Game Outside: <b>Water Relays and Popsicles!</b>
11:15am-12:00pm	Gym Free Play

**Tuesday:**

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Gymnastics Lesson: Bars and Rings
9:30-10:00am	Gym Free Play!
10:00-10:30am	Snack Break
10:30-11:00am	Craft: <b>Watercolor Rainbow Sun Catchers!</b>
11:00am-12:00pm	Group Games in the Gym: <b>Ships and Sailors</b> and <b>The Color Game!</b> and Gym Free Play!

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

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Gymnastics Lesson: Bars and Floor Stations
9:30-10:00am	Snack Break
10:00-11:00am	Group Games Outside: <b>Water Balloon Toss</b> and <b>Popsicles!</b>
11:00-11:30am	Group Games: Teacher's Choice
11:30am-12:00pm	Gym Free Play

**Thursday:**

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Gymnastics Lesson: Vault and Beam
9:30-10:00am	Gym Free Play!
10:00-10:30am	Snack Break
10:30-11:00am	Craft: <b>Design a Cruise Boat Contest!</b>
11:00am-12:00pm	Group Games in the Gym: <b>Sharks and Minnows</b> and <b>Stick It!</b> and Gym Free Play!

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

8:00-9:00am	Drop-off/Gym Free Play
9:00-9:30am	Group Games: Teacher's Choice
9:30-10:00am	Snack Break
10:00-11:30am	Group Activity Outside: <b>Waterslide and Water Games!</b>
11:30am-12:00pm	Gym Free Play and Camp Awards Ceremony!

**Young's Gym Summer Camp 2023**  
**Week 6: Young's Gym Olympics! (July 24-28)**

**Monday:**

8:00-9:00am	Drop-off/Gym Free Play
9:00-9:45am	Gymnastics Lesson: Floor Base and Beam
9:45-10:15am	Practice Routines for Olympics and Gym Free Play!
10:15-10:45am	Snack Break
10:45-11:15am	Group Games in the Gym: <b>Stick It</b> and <b>Soccer!</b>
11:15am-12:00pm	Classroom Activity: <b>Divide into Teams (Countries), Create Country Name and Flag</b>

**Tuesday:**

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Gymnastics Lesson: Bars and Rings
9:30-10:00am	Practice Routines for Olympics and Gym Free Play!
10:00-10:30am	Snack Break
10:30-11:00am	Craft: <b>Make Olympic Rings!</b>
11:00am-12:00pm	Group Games in the Gym: <b>Javelin Throw with Pool Noodles</b> and <b>Basketball!</b>

**Wednesday:**

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Gymnastics Lesson: Bars and Floor Stations
9:30-10:00am	Group Games in the Gym: <b>Relay Races, Long Jump, Hurdles and Volleyball!</b>
10:00-10:30am	Snack Break
10:30-11:00am	Craft: <b>Make Olympic Torches!</b>
11:00am-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
8:45-9:30am	Gymnastics Lesson: Vault and Beam
9:30-10:00am	Practice Routines for Olympics and Gym Free Play!
10:00-10:30am	Snack Break
10:30-11:30am	Practice Opening Ceremony for Olympics!
11:30am-12:00pm	<b>Young's Gym Olympics: Opening Ceremony, Competition</b>

**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	<b>INFLATABLES</b> and Gym Free Play!
11:45am-12:00pm	<b>Camp Awards Ceremony!</b>

**Young's Gym Summer Camp 2023**  
**Week 7: Pirates and Treasure Hunts! (July 31-August 4)**

**Monday:**

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Gymnastics Lesson: Floor Base and Beam
9:30-10:00am	Snack Break
10:00-11:00am	Group Activity: <b>Build a PIRATE SHIP with Mats Challenge!</b>
11:00am-12:00pm	Gym Free Play!

**Tuesday:**

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

**Wednesday:**

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	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: <b>Pirate Bingo!</b>
11:00am-12:00pm	Group Games in the Gym: <b>Parrot Eye</b> and <b>Stick It!</b> and Gym Free Play!

**Thursday:**

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Gymnastics Lesson: Vault and Beam
9:30-10:00am	Snack Break
10:00-10:30am	Classroom Activity: <b>Pirate Pictionary!</b>
10:30-11:30am	Group Game in the Gym: <b>Candy Treasure Hunt!</b>
11:30am-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	<b>INFLATABLES</b> and Gym Free Play!
11:45am-12:00pm	<b>Camp Awards Ceremony!</b>

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