

Young's Gym Summer Cheer Camp 2023
Week 1 (June 12-16)

Monday:

8:00-9:00am	Drop-off/Gym Free Play
9:00am-9:45am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:45-10:15am	Snack Break
10:15-10:45am	Cheerleading Training: Jumps and Dance (Formations and 8-counts)
10:45-11:15am	Stunts!
11:15am-12:00pm	Group Games in the Gym: Larry, Moe, & Curly and The Color Game!

Tuesday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Snack Break
10:00-10:30am	Cheerleading Training: Jumps and Dance (Formations and 8-counts)
10:30-11:00am	Review Stunts (Formations and 8-counts)
11:00am-12:00pm	Group Game in the Gym: Ring Toss and Chicken in the Hen House!

Wednesday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Cheerleading Training: Tumbling Section (Formations and 8-counts)
10:00-10:30am	Snack Break
10:30-11:30am	Group Activity: Fort Building with Mats Challenge!
11:30am-12:00pm	Gym Free Play!

Thursday: **Cheerleading Exhibition Showcase! (Parents Invited to Watch)**

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Snack Break
10:00-11:00am	Cheerleading Training: Practice Routine (Jumps, Tumbling, Stunts, and Dance)
11:00-11:45am	Group Games in the Gym: Chicken in the Hen House and Stick It! and Gym Free Play!
11:45am-12:00pm	Cheerleading Exhibition Showcase!

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!

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

Monday:

8:00-9:00am	Drop-off/Gym Free Play
9:00am-9:45am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:45-10:15am	Cheerleading Training: Jumps and Dance (Formations and 8-counts)
10:15-10:45am	Snack Break
10:45-11:15am	Stunts!
11:15am-12:00pm	Gym Free Play or Tumbling

Tuesday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Snack Break
10:00-10:30am	Cheerleading Training: Jumps and Dance (Formations and 8-counts)
10:30-11:00am	Review Stunts (Formations and 8-counts)
11:15am-12:00pm	Group Games in the Gym: Ships and Sailors and The Color Game! 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	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Cheerleading Training: Tumbling Section (Formations and 8-counts)
10:00-10:30am	Snack Break
10:30-11:00am	Group Games: Teacher's Choice
11:00am-12:00pm	Group Games Outside: Water Balloon Toss and Popsicles!

Thursday: **Cheerleading Exhibition Showcase! (Parents Invited to Watch)**

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Snack Break
10:00-11:00am	Cheerleading Training: Practice Routine (Jumps, Tumbling, Stunts, and Dance)
11:00-11:45am	Group Games in the Gym: Sharks and Minnows and Stick It! and Gym Free Play!
11:45am-12:00pm	Cheerleading Exhibition Showcase!

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: Waterslide and Water Games!
11:30am-12:00pm	Gym Free Play and Camp Awards Ceremony!

Young's Gym Summer Cheer Camp 2023
Week 3 (June 26-30)

Monday:

8:00-9:00am	Drop-off/Gym Free Play
9:00am-9:45am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:45-10:15am	Cheerleading Training: Jumps and Dance (Formations and 8-counts)
10:15-10:45am	Snack Break
10:45-11:15am	Stunts!
11:15am-12:00pm	Group Game in the Gym: Cougars and Campers! and Gym Free Play!

Tuesday: Snack included (S'MORES!)

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:15am	Snack Break: Make and Eat S'MORES!
10:15-11:00am	Group Games in the Gym: Eagle Eye and The Color Game!
11:00am-12:00pm	Cheerleading Training: Jumps and Dance (Formations and 8-counts) & Gym Free Play!

Wednesday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Cheerleading Training: Tumbling Section (Formations and 8-counts)
10:00-10:30am	Snack Break
10:30-11:30am	Group Activity: Fort Building with Mats Challenge!
11:30am-12:00pm	Gym Free Play!

Thursday: Cheerleading Exhibition Showcase! (Parents Invited to Watch)

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Snack Break
10:00-11:00am	Cheerleading Training: Practice Routine (Jumps, Tumbling, Stunts, and Dance)
11:00-11:45am	Group Games in the Gym: Rock Tag and Stick It! and Gym Free Play!
11:45am-12:00pm	Cheerleading Exhibition Showcase!

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!

Young's Gym Summer Cheer Camp 2023
Week 4 (July 10-14)

Monday:

8:00-9:00am	Drop-off/Gym Free Play
9:00am-9:45am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:45-10:15am	Snack Break
10:15-10:45am	Cheerleading Training: Jumps and Dance (Formations and 8-counts)
10:45-11:15am	Stunts!
11:15am-12:00pm	Group Games in the Gym: Musical Planets and The Color Game! and Gym Free Play!

Tuesday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Snack Break
10:00-10:30am	Cheerleading Training: Jumps and Dance (Formations and 8-counts)
10:30-11:00am	Review Stunts (Formations and 8-counts)
11:00am-12:00pm	Group Game in the Gym: Balloon Races! and Gym Free Play!

Wednesday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Snack Break
10:00-10:30am	Cheerleading Training: Tumbling Section (Formations and 8-counts)
10:30-11:00am	Cheerleading Training: Practice Routine (Jumps, Tumbling, Stunts, and Dance)
11:00am-12:00pm	Group Games in the Gym: Star Catchers and Stick It! and Gym Free Play!

Thursday: **Cheerleading Exhibition Showcase! (Parents Invited to Watch)**

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Snack Break
10:00-11:00am	Cheerleading Training: Practice Routine (Jumps, Tumbling, Stunts, and Dance)
11:00-11:45am	Group Game in the Gym: Hula Hoop Ring Toss! and Gym Free Play!
11:45am-12:00pm	Cheerleading Exhibition Showcase!

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!

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

Monday:

8:00-9:00am	Drop-off/Gym Free Play
9:00am-9:45am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:45-10:15am	Cheerleading Training: Jumps and Dance (Formations and 8-counts)
10:15-10:45am	Snack Break
10:45-11:15am	Stunts!
11:15am-12:00pm	Gym Free Play or Tumbling

Tuesday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Snack Break
10:00-10:30am	Cheerleading Training: Jumps and Dance (Formations and 8-counts)
10:30-11:00am	Review Stunts (Formations and 8-counts)
11:15am-12:00pm	Group Games in the Gym: Ships and Sailors and The Color Game! 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	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Cheerleading Training: Tumbling Section (Formations and 8-counts)
10:00-10:30am	Snack Break
10:30-11:00am	Group Games: Teacher's Choice
11:00am-12:00pm	Group Games Outside: Water Balloon Toss and Popsicles!

Thursday: Cheerleading Exhibition Showcase! (Parents Invited to Watch)

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Snack Break
10:00-11:00am	Cheerleading Training: Practice Routine (Jumps, Tumbling, Stunts, and Dance)
11:00-11:45am	Group Games in the Gym: Sharks and Minnows and Stick It! and Gym Free Play!
11:45am-12:00pm	Cheerleading Exhibition Showcase!

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
9:30-10am	Snack Break
10:00-11:30am	Group Activity Outside: Waterslide and Water Games!
11:30am-12:00pm	Gym Free Play and Camp Awards Ceremony!

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

Monday:

8:00-9:00am	Drop-off/Gym Free Play
9:00am-9:45am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:45-10:15am	Snack Break
10:15-10:45am	Cheerleading Training: Jumps and Dance (Formations and 8-counts)
10:45-11:15am	Stunts!
11:15am-12:00pm	Classroom Activity: Divide into Teams (Countries), Create Country Name and Flag

Tuesday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Snack Break
10:00-10:30am	Cheerleading Training: Jumps and Dance (Formations and 8-counts)
10:30-11am	Review Stunts (Formations and 8-counts)
11:00am-12:00pm	Group Games in the Gym: Javelin Throw with Pool Noodles and Basketball!

Wednesday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Snack Break
10:00-10:30am	Cheerleading Training: Tumbling Section (Formations and 8-counts)
10:30-11:00am	Cheerleading Training: Practice Routine (Jumps, Tumbling, Stunts, and Dance)
11:00am-12:00pm	Craft: Make Olympic Torches! and Gym Free Play!

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

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Snack Break
10:00-10:30am	Cheerleading Training: Practice Routine (Jumps, Tumbling, Stunts, and Dance)
10:30-11:30am	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!

Young's Gym Summer Cheer Camp 2023
Week 7 (July 31-August 4)

Monday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Cheerleading Training: Jumps and Dance (Formations and 8-counts)
10:00-10:30am	Snack Break
10:30-11:00am	Craft: Design a Cheerleading Uniform Contest!
11:00am-12:00pm	Stunts! and Gym Free Play!

Tuesday:

8:00-9:00am	Drop-off/Gym Free Play
9:00-9:45am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:45-10:15am	Snack Break
10:15-11:00am	Cheerleading Training: Review Jumps, Dance and Stunts (Formations and 8-counts)
11:00-11:30am	Group Games in the Gym: Ships and Sailors and The Color Game!
11:30am-12:00pm	Gym Free Play!

Wednesday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Snack Break
10:00-10:30am	Cheerleading Training: Tumbling Section (Formations and 8-counts)
10:30-11:00am	Cheerleading Training: Practice Routine (Jumps, Tumbling, Stunts, and Dance)
11:00am-12:00pm	Group Games in the Gym: Eagle Eye and Stick It! and Gym Free Play!

Thursday: **Cheerleading Exhibition Showcase! (Parents Invited to Watch)**

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: Tumble Lines and Stations
9:30-10:00am	Cheerleading Training: Practice Routine (Jumps, Tumbling, Stunts, and Dance)
10:00-10:30am	Snack Break
10:30-11:45am	Group Game in the Gym: Candy Treasure Hunt! and Gym Free Play!
11:45am-12:00pm	Cheerleading Exhibition Showcase!

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!

Young's Gym Summer Cheer Camp 2023