

# Youngs Gym Summer Cheer Camp 2024

## Week 1 (June 10-14)

Monday:

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

Tuesday:

8:00-9:00am	Drop-off/Gym Free Play
9:00-9:45am	Warm-up/Stretch and Cheerleading Training: <b>Tumble Lines and Stations</b>
9:45-10:15am	Snack Break
10:15-11:00am	Cheerleading Training: <b>Review Jumps, Dance and Stunts (Formations and 8-counts)</b>
11:00-11:30am	Group Games in the Gym: <b>Ships and Sailors</b> and <b>The Color Game!</b>
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: <b>Tumble Lines and Stations</b>
9:30-10:00am	Snack Break
10:00-10:30am	Cheerleading Training: <b>Tumbling Section (Formations and 8-counts)</b>
10:30-11:00am	Cheerleading Training: <b>Practice Routine (Jumps, Tumbling, Stunts, and Dance)</b>
11:00am-12:00pm	Group Games in the Gym: <b>Eagle Eye</b> and <b>Stick It!</b> 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: <b>Tumble Lines and Stations</b>
9:30-10:00am	Cheerleading Training: <b>Practice Routine (Jumps, Tumbling, Stunts, and Dance)</b>
10:00-10:30am	Snack Break
10:30-11:45am	Group Game in the Gym: <b>Candy Treasure Hunt!</b> and Gym Free Play!
11:45am-12:00pm	<b>Cheerleading Exhibition Showcase!</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>

## Youngs Gym Summer Cheer Camp 2024

### Week 2: Wet-n-Wild! (June 17-21)

Monday:

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

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: <b>Tumble Lines and Stations</b>
9:30-10:00am	Cheerleading Training: <b>Tumbling Section (Formations and 8-counts)</b>
10:00-10:30am	Snack Break
10:30-11:00am	Cheerleading Training: <b>Practice Routine (Jumps, Tumbling, Stunts, and Dance)</b>
11:00am-12:00pm	Group Games Outside: <b>Water Balloon Toss and Popsicles!</b>

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: <b>Tumble Lines and Stations</b>
9:30-10:00am	Snack Break
10:00-11:00am	Cheerleading Training: <b>Practice Routine (Jumps, Tumbling, Stunts, and Dance)</b>
11:00-11:45am	Group Games in the Gym: <b>Sharks and Minnows, Stick It and Ships and Sailors!</b>
11:45am-12:00pm	<b>Cheerleading Exhibition Showcase!</b>

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!

# Youngs Gym Summer Cheer Camp 2024

## Week 3 (June 24-28)

Monday:

8:00-9:00am	Drop-off/Gym Free Play
9:00am-9:45am	Warm-up/Stretch and Cheerleading Training: <b>Tumble Lines and Stations</b>
9:45-10:15am	Snack Break
10:15-10:45am	Cheerleading Training: <b>Jumps and Dance (Formations and 8-counts)</b>
10:45am-12:00pm	Group Activity: <b>Fort Building with Mats Challenge!</b>

Tuesday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: <b>Tumble Lines and Stations</b>
9:30-10:00am	Snack Break
10:00-10:30am	Cheerleading Training: <b>Stunts!</b>
10:30-11:00am	Cheerleading Training: <b>Review Jumps and Dance (Formations and 8-counts)</b>
11:00am-12:00pm	Group Games in the Gym: <b>Stick It, The Color Game and Larry, Moe &amp; Curly!</b>

Wednesday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: <b>Tumble Lines and Stations</b>
9:30-10:00am	Cheerleading Training: <b>Tumbling Section (Formations and 8-counts)</b>
10:00-10:30am	Snack Break
10:30-11:15am	Cheerleading Training: <b>Practice Routine (Jumps, Tumbling, Stunts, and Dance)</b>
11:15am-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: <b>Tumble Lines and Stations</b>
9:30-10:00am	Snack Break
10:00-11:00am	Cheerleading Training: <b>Practice Routine (Jumps, Tumbling, Stunts, and Dance)</b>
11:00-11:45am	Group Games in the Gym: <b>Chicken in the Hen House, Stick It and Hula Hoop Contest!</b>
11:45am-12:00pm	<b>Cheerleading Exhibition Showcase!</b>

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>

## Youngs Gym Summer Cheer Camp 2024

### Week 5: More Wet-n-Wild! (July 8-12)

Monday:

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

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: <b>Tumble Lines and Stations</b>
9:30-10:00am	Cheerleading Training: <b>Tumbling Section (Formations and 8-counts)</b>
10:00-10:30am	Snack Break
10:30-11:00am	Group Games: Teacher's Choice
11:00am-12:00pm	Group Games Outside: <b>Water Balloon Toss and Popsicles!</b>

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: <b>Tumble Lines and Stations</b>
9:30-10:00am	Snack Break
10:00-11:00am	Cheerleading Training: <b>Practice Routine (Jumps, Tumbling, Stunts, and Dance)</b>
11:00-11:45am	Group Games in the Gym: <b>Sharks and Minnows, Stick It and Ships and Sailors!</b>
11:45am-12:00pm	<b>Cheerleading Exhibition Showcase!</b>

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

# Youngs Gym Summer Cheer Camp 2024

## Week 5 (July 15-19)

Monday:

8:00-9:00am	Drop-off/Gym Free Play
9:00am-9:45am	Warm-up/Stretch and Cheerleading Training: <b>Tumble Lines and Stations</b>
9:45-10:15am	Cheerleading Training: <b>Jumps and Dance (Formations and 8-counts)</b>
10:15-10:45am	Snack Break
10:45am-12:00pm	Group Activity: <b>Build a TENT with Mats Challenge!</b>

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

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

Wednesday:

8:00-8:45am	Drop-off/Gym Free Play
8:45-9:30am	Warm-up/Stretch and Cheerleading Training: <b>Tumble Lines and Stations</b>
9:30-10:00am	Cheerleading Training: <b>Tumbling Section (Formations and 8-counts)</b>
10:00-10:30am	Snack Break
10:30-11:15am	Cheerleading Training: <b>Practice Routine (Jumps, Tumbling, Stunts, and Dance)</b>
11:15am-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: <b>Tumble Lines and Stations</b>
9:30-10:00am	Snack Break
10:00-11:00am	Cheerleading Training: <b>Practice Routine (Jumps, Tumbling, Stunts, and Dance)</b>
11:00-11:45am	Group Games in the Gym: <b>Eagle Eye, Stick It</b> and <b>The Color Game!</b>
11:45am-12:00pm	<b>Cheerleading Exhibition Showcase!</b>

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>

**Youngs Gym Summer Cheer Camp 2024**  
**Week 6: Even More Wet-n-Wild! (July 22-26)**

**Monday:**

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

**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: <b>Tumble Lines and Stations</b>
9:30-10:00am	Cheerleading Training: <b>Tumbling Section (Formations and 8-counts)</b>
10:00-10:30am	Snack Break
10:30-11:00am	Group Games: Teacher's Choice
11:00am-12:00pm	Group Games Outside: <b>Water Balloon Toss and Popsicles!</b>

**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: <b>Tumble Lines and Stations</b>
9:30-10:00am	Snack Break
10:00-11:00am	Cheerleading Training: <b>Practice Routine (Jumps, Tumbling, Stunts, and Dance)</b>
11:00-11:45am	Group Games in the Gym: <b>Sharks and Minnows, Stick It and Ships and Sailors!</b>
11:45am-12:00pm	<b>Cheerleading Exhibition Showcase!</b>

**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: <b>Waterslide and Water Games!</b>
11:30am-12:00pm	Gym Free Play and Camp Awards Ceremony!

**Youngs Gym Summer Cheer Camp 2024**  
**Week 7: Youngs Gym Olympics! (July 29-August 2)**

**Monday:**

8:00-9:00am	Drop-off/Gym Free Play
9:00am-9:45am	Warm-up/Stretch and Cheerleading Training: <b>Tumble Lines and Stations</b>
9:45-10:15am	Snack Break
10:15-10:45am	Cheerleading Training: <b>Jumps and Dance (Formations and 8-counts)</b>
10:45-11:15am	Cheerleading Training: <b>Stunts!</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	Warm-up/Stretch and Cheerleading Training: <b>Tumble Lines and Stations</b>
9:30-10:00am	Snack Break
10:00-10:30am	Cheerleading Training: <b>Jumps and Dance (Formations and 8-counts)</b>
10:30-11am	Cheerleading Training: <b>Review Stunts (Formations and 8-counts)</b>
11:00am-12:00pm	Group Games in the Gym: <b>Javelin Throw with Pool Noodles, Basketball and Stick It!</b>

**Wednesday:**

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

## **Youngs Gym Summer Cheer Camp 2024**