FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gymnastics Camp 2026 Daily Schedule

8:45 – 9:15	Drop off
9:15 – 9:30	Warm up
9:30 – 9:45	Attendance and morning announcements
9:45-10:00	Tumbling Lines
10:00 – 10:30	Gymnastics rotation 1
10:30 – 11:00	Gymnastics rotation 2
11:00 – 11:30	Gymnastics rotation 3
11:30-11:45	Teambuilding activities
11:45 – 12:00	Journal writing
12:00 – 12:45	Lunch for all campers
12:45 – 1:00	½ day dismissal
12:45 – 1:15	Group games and activities
1:15-2:00	Gymnastics rotation 4
2:00-2:45	Special (arts & crafts, Zumba, Sports, playground time)
2:45 – 3:00	Locker room
3:00-3:40	Swimming
3:40 – 4:00	Changing from swim and end of day announcements
4:00 - 4:15	Pick up

AM extended care 8:00 – 9:00 at the Y, PM extended care 4:00 – 6:00 at the Rye Y.

This is a sample of our daily activities, and this schedule is subject to change.

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