

Gymnastics/Swim Summer Clinic Information Sheet 2018

Where to Meet:

We will meet Monday through Friday in the gym at the Crescenta-Canada Family YMCA. All Campers must be signed in when dropped off, and out when picked up, in the gym.

Camp Hours:

Camp will run from 9:00am to 3:00pm, Monday through Friday.

What to Bring:

- All Campers should wear exercise clothes. Leotards, stretch pants, sweatpants or cotton shorts.
- Swim suite/towel/goggles. We will be attending the pool Monday through Friday from 1:00-2:30pm
- We will be bare feet in the gym at all times. However, we do go out in the patio during our snack and lunch time. Please make sure that your child either has flip flops/crocks or some sort of shoe that can be put on and off quickly.
- Bring healthy daily snacks and water everyday.
- Your child will need to bring lunch M-Th (we will order pizza on Friday)

Times	Monday 7/16	Tuesday	Wednesday	Thursday	Friday
9:00-10:00	Warm-up 1 st event (beam/bar)	Warm-up 1 st Gymnastics event (beam/bar)	Warm-up 1 st Gymnastics event (beam/bar)	Warm-up 1 st Gymnastics event (beam/bar)	Warm-up 1 st Gymnastics event (beam/bar)
10:00-10:30	snack	Snack	Snack	Snack	Snack
10:30-11:30	Game 2 nd Event (Floor/vault)	Gymnastics 2 nd Event (Floor/Vault)	Gymnastics 2 nd Event (Floor/Vault)	Gymnastics 2 nd Event (Floor/Vault)	Gymnastics 2 nd Event (Floor/Vault)
11:30-12:00	Group time/tumble track	Tumble Track	Group time craft	Arts/craft games	Tumble Track Games
12:00-12:45	Lunch	Lunch	Lunch	Lunch	Lunch (Pizza)
12:45-2:45	Pool time Swim	Pool time Swim	Pool time Swim	Pool time Swim	Pool time Swim
2:45-3:00	Back to gym/pick up	Back to gym/pick up	Back to gym/pick up	Back to gym/pick up	Back to gym/pick up