

Gymtowne Summer Camps... let the fun begin!

Dear Parents of
Gymtowne Camp-
ers,

Welcome to sum-
mer camps 2008!
This summer we
have plenty
planned for the
kids and will make
sure to have as
much fun as possi-
ble.

Make sure that
you look over the
schedule for the
day and that the
kids are prepared.
Make sure to pay
attention to the
first row (Kids
Bring) to know
what they need
for the specific
day if anything
special is needed.

All kids need to
be signed in and
out of camp by a
parent or guard-
ian, so we hope to
be seeing you
around! We have
a BBQ every Fri-
day so for those
PM campers if you
want to join us for
lunch make sure
to be here early!

Sincerely,
Gymtowne Camp
Staff 2008



WEEK 8 8/11-8/15	<i>Cartoon Invasion week</i>				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Kids bring ===>	A friendly atti- tude!	Some creativity!	swim suit and towel Running shoes	Clothes for out- door games	an appetite for a BBQ (Lunch is on us!)
8:30-8:45	Check-in/board games/ coloring / tumble track				
8:45-9:00	Orientation, - rules/safety Warm-up w/ posi- tions (straddle, pike, etc.)	Warm-up w/ jumping over and under and across beams	Warm-up w/ Hoops and bean bags	Warm-up w/ relays	Warm-up w/ jump rope and stretch
9:00-9:20	Floor basics *Rolling *Handstands *Stick landings	2 x 20 min rot. 1. Arts & Crafts - Paint the build a craft	2x20 min rotation 1. Floor 2. Beam	2x20 min rotation 1. Bars/rings 2. vault	2x20 min rota- tion 1. tramp 2. Pit
9:20-9:40	2 rotations :10 (1) Pit (2) Tramp	2. Parachute out- side			
9:45-10:00	Snack time (& clean up)				
10:00-10:30	Arts & Crafts — Build a craft	Make ice Cream!!!	A&C Make an edible mickey	A&C Spongebob sponges	Scavenger Hunt
10:30-11:15	Group Game!! Charlie tuna!	Capture the flag and other inside group games	Group Game!! Lava Monster	2x15 min rotation Pit Tramp	Arts & Crafts – Decorate bags for pinata
11:15-12:00	2 rotations x :20 (1) Vault Running and punching drills (2) Beam Basics and learn- ing to fall	2 x 20 mins each (1) Floor (2) Tumble Track	Obstacle Course Clean up time	BUILD A FORT!	Hide and go seek in the dark
12:00-12:30	Lunch w/ board games or outside			Lunch	BBQ or Pizza
12:30-1:00	Play games on the floor				
1:00 - 1:15	Warm up / stretch				
1:15-1:45	Orientation Warm-up Go over basics Tuck , straddle, etc. (Floor time)	3x30 min rotation 1. Beam	3x30 min Rotations 1. Vault	3x30 min Rotations 1. Beam	Olympics! Make sure to keep track of team points!
1:45-2:45	2x30 min rot. 1. Bars-basics 2. Group Game Turkey on the roost	2. Vault 3. Bars/rings	2. A&C – Olympic Team Posters 3. Bars	2. A&C —Mickey's favorite snack– popcorn 3. Floor	
2:45-3:00	Snack time (& clean up)			Snack time	Snack time
3:15-3:45	2 rotations x :20 (1) Tumble Track (2) Parachute	2x15 min rotations 1. Pit 2. Tramp	Water fight!!! + water balloon games	Outdoor games -duck duck squirt, parachute games, soccer, basketball, bub- bles, chalk, etc.	Campers Choice– game inside or outside
3:45-4:15	Group Game Outside!! SPUD and kick- ball with big bouncy ball	Pit games -steal the bacon -marco polo -tower building	Continue water fight and Clean and dry up.		Pinata Wrap-up/clean- up
4:15-4:30	Inside game See who remem- bers the positions	Indian Chief	*Fun conditioning *Send the Sound	Parachute	Go over week events/ say bye