

2023 Girls Gymnastics Camp: Camp Schedule

July 29th, July 30th

Saturday, July 29th :

8:45 – 9:00am: Check in at Anderson Arena
9:00am: Morning warm up, Stretch and Games
9:30am: Rotation I
10:15: Rotation II
11:00am: Rotation III
11:45am: Break for lunch
1:00pm: Afternoon warm up
1:15pm: Rotation IV
2:00pm: Rotation V
2:45pm: Open Gym
3:15pm: Wrap up the day
3:30pm: Depart

Sunday, July 30th :

8:45 – 9:00am: Check in At Anderson Arena
9:00am: Morning warm up, Stretch and Games
9:30am: Rotation I
10:15: Rotation II
11:00am: Rotation III
11:45am: Break for lunch
1:00pm: Afternoon warm up
1:15pm: Rotation IV
2:00pm: Rotation V
2:45pm: Open Gym
3:15pm: Wrap up the day
3:30pm: Depart