



# SCHEDULE FOR CAMPS

## **SATURDAY**

CHECK IN: 12:30-1:00 - PLEASE ARRIVE EARLY SO WE CAN BE ORGANIZED BEFORE WE START. THANKS.

1:00-1:30 WARM UP

1:30-6:45 – 5 ROTATIONS (1 HOUR EACH)

PLEASE BRING A HEALTHY SNACK, THERE WILL BE A BREAK TO EAT DURING THIS TIME.

6:45-7:00 - STRETCHING AND WRAP UP FOR THE DAY

## **SUNDAY**

8:30-9:00 WARM UP

9:00-12:00 – 3 ROTATIONS (1 HOUR EACH)

12:00-12:15 – STRETCHING, GAME, PRIZES, WRAP UP