



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYMNASTICS CAMP

## YMCA of Springfield

- 7:00-9:00 AM CHECK IN - GROUP PLAY**
- 9:00-9:30 AM GYMNASTICS STRETCH/WARM-UP**
- 9:30-10:30 AM FIRST GYMNASTICS ROTATION**
- 10:30-11:30 AM SECOND GYMNASTICS ROTATION**
- 11:30 AM- 12:00 PM BATHROOM BREAK/ GAME**
- 12:00-12:30 PM LUNCH BREAK & ACTIVITIES**
- 12:30-1:15 PM THIRD GYMNASTICS ROTATION**
- 1:15-2:00 PM FOURTH GYMNASTICS ROTATION**
- 2:00-3:00 PM SWIMMING**
- 3:00-4:00 PM OBSTACLE COURSE/ SNACK**
- 4:00-6:00 PM CHECK OUT - GROUP PLAY**



**Be safe!**  
**Wear sunscreen!**

**Explorer Camps**

EVERYDAY: Lunch, swimsuit, towel, bag for wet clothes, snack, and water bottle

Wear comfy clothes and closed-toe shoes.

**Kerasotes Camps**

EVERYDAY: Lunch, afternoon snack, sunscreen and water bottle

MON, WED, FRI: swimsuit, towel and bag for wet clothes

Wear comfy clothes and closed-toe shoes

NOTE: We do spend time outside. Apply a base layer of sunscreen at home and we will remind children to reapply later.

**Remember  
your water  
bottle!**



**Electronics and  
toys should  
stay at home.**

**Gymnastic Camps**

EVERYDAY: Lunch, swimsuit towel, bag for wet clothes, snack, and water bottle

Wear slip-on shoes!

**Bring an afternoon snack!**

**Wa-Kon-Tah Camps**

EVERYDAY: Lunch, swimsuit, towel, bag for wet clothes, snack, sunscreen and water bottle

Close-toe shoes are a must for camper safety. This is an outdoor camp, please send campers in clothes that can handle outdoor play.

NOTE: We do spend time outside. Apply a base layer of sunscreen at home and we will remind children to reapply later.