Summer Camp Week Outline July 15-19:

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| July 15th Monday: Hawaiian Luau Day | |
| 9:30 – 9:50 | Settled In & Stretch |
| 9:50 – 10:10 | Warm Up (Hops x2, Lunges x2, L & R gallops x2, skips x2, run skips x2) Floor: (FWR D&B, Straddle Rolls D&B, Handstands/ Handstand FWR D&B |
| 10:10 – 10:25 | Volleyball |
| 10:25 – 10:35 | Beach Ball Circle Pass (whole group sits in circle and passes beach ball around circle with feet, ball cannot touch the ground, if does start with that person and try to get back to beginning) |
| 10:35 – 10:50 | Pool Noodle Run (everyone gets a noodle, stands in circle on 3 runs to next noodle without it falling, if falls you’re out) |
| 10:50 – 11:10 | Clean Up for Snack + Snack |
| 11:10 – 11:25 | Lei Flower Necklace (Art & Craft) |
| 11:25 - 11:50 | Hawaiian Paper Games |
| 11:50 – 12:10 | Limbo |
| 12:10 – 12:40 | Bars & Beam Rotation (Bars: Straddle Hold, Skin the cat, Front support Cast FWR, Swings) (Beam: Tip toe Pivots, Knee Pivots, Step, Step Leap, Straight Jumps) |
| 12:40 – 1:00 | Beach Hockey (2 teams, beach ball hockey puck, cones for goals, pool noodles for sticks) |

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| July 16th Tuesday: Disney Day | |
| 9:30 – 9:50 | Settled In & Stretch |
| 9:50 – 10:05 | Warm Up |
| 10:05 – 10:35 | Jungle Book Course |
| 10:35 – 10:55 | Finding Nemo (Hide & Seek) |
| 10:55 – 11:10 | Disney Charades |
| 11:10 – 10:25 | Clean up for Snack + Snack |
| 11:25 – 11:40 | Forky + Q-tip Mickey (Arts & Crafts) |
| 11:40 -11:50 | Who am I? (2/3 teams) |
| 11:50 – 12:00 | Finish the Movie Title (2/3 teams) |
| 12:00 – 12:10 | Finish the Song (2/3 teams) |
| 12:10 – 12:35 | Too Infinity & Beyond (Stick it Game: Tramp + Springboard, straight, tuck, straddle, left split, right split, pike, ½ turn, full turn) |
| 12:35 – 1:00 | Mickey Tag (Freeze Tag) |

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| July 17th Wednesday: Olympic USA Day | |
| 9:30 – 9:50 | Settled In & Stretch |
| 9:50 – 10:00 | Warm Up (Lunges x2, L + R Gallops x2, Skips x2, Run Skips x2) |
| 10:00 – 10:30 | Floor: (FWR x2, Straddle Rolls x2, HS down, HS/HS FWR back, CW x2, Run skip CW x2 or just CW) |
| 10:30 – 11:00 | Cheese Mat: (2 cheese mats, if can do it on mat do it on floor- BWR/BER x5, BKO/BWO x5) |
| 11:00 – 11:15 | Wash Up for Snack & Snack |
| 11:15 -11:25 | Olympic Rings (Arts & Crafts) |
| 11:25 -11:35 | Olympic Chains (Arts & Crafts) |
| 11:35 -12:05 | Bars & Beam: (Bar: Tuck Hold, Straddle Hold, Pike Hold, Skin the Cat, Front Support + Cast, Pull Over) (Beam: Backwards, Ice cream, Hops, Front Kicks, Arabesque, Favorite) |
| 12:05 – 12:35 | Stick It Game (AirTrack to practice jump first on each x, then on spring board) (straight, tuck, straddle, left split, right split, pike, ½ turn, full turn) |
| 12:35 – 1:00 | Guess This Skill: (2 teams, (2) buckets full of poses, skills, stretches- 1 person on each team pulls card, try to do what’s on the card. If the team can figure it out they get a point. One guess per card. If wrong, card goes back & new person chooses card on team. And so on. Whoever can get the most points or runs out of cards first wins. |

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| July 18th Thursday: Pajama Day (Game Day) | |
| 9:30 -9:50 | Settled In & Stretch |
| 9:50 – 9:55 | Warm Up |
| 9:55 – 10:15 | Musical Mats |
| 10:15 – 10:35 | 4 Corners |
| 10:35 – 10:55 | Duck, Duck Goose |
| 10:55 – 11:10 | Clean Up for Snack & Snack |
| 11:10 – 11:20 | Gardening |
| 11:20 – 11:40 | Floor is Lava |
| 11:40 – 11:55 | Museum (one guard, everyone else statues, move when guard is not looking, try to not get caught if caught become guard, last one standing wins) |
| 11:55 – 12:20 | Relay Races: (1leg hops-switch, Frog jumps, Skips: Backward run, Bunny hops, Gallop-switch: Bear crawl, Run, FWR: Team crawl- everyone stands in a straddle legs apart, person from back crawls all the way through to front and stands in straddle, team continues until first to make it to end of floor) |
| 12:20 – 1:00 | Secret Killer: (one person is the “killer”. Everyone goes around shaking hands. The “killer” pokes palm of hand when shaking, wait about 5 seconds then fall to floor “dead” goal is to guess the killer without being hit, if guess wrong you die, last person standing wins, play 2/3 times new “it” people.) |

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| July 19th Friday: Winter in Summer | |
| 9:30 – 9:50 | Settled In & Stretch |
| 9:50 – 10:10 | Warm Up |
| 10:10 – 10:30 | Freeze Tag |
| 10:30 – 10:50 | Snowball Crash Tower (4 groups use panel mats and cheese mast as tables and set up cup tower, use snowballs to crash down cups, each cup is worth 1 pt.) |
| 10:50 – 11:00 | Pin the Carrot on the Snowman |
| 11:00 -11:15 | Clean up for Snack + Snack |
| 11:15 -11:25 | Creating Olaf (Arts & Crafts) |
| 11:25 -11:40 | Take Home Snow |
| 11:40 – 11:50 | Beaded Pipe Cleaner Snowflake |
| 11:50 – 12:20 | Floor is ICE |
| 12:20 – 12:30 | Present Pass |
| 12:30- 12:45 | Ice Hockey (2 teams, beach ball hockey puck, cones for goals, pool noodles for sticks) |
| 12:45 – 1:00 | Snowball Fight |