

Zone 1 Gymnastics Camp Schedule July 16th - 20th

Day 1 – Monday, July 16

11:00-2:00 Photoshoot @ Idewild Park - **3378 9th Street South** - Playground Parking Lot

* Gymnasts are invited to wear casual clothing for the photo shoot*

2:30-6:30 Training - **415 Industrial Road A**

6:30-8:00 Ice Cream Party @ the Gym

Talent Show @ the Gym

*This year we will be hosting a **Zone Camp Talent Show**. We ask that all acts be *non-gymnastics acts* and under 3 minutes. Acts can be performed in a group or individual performance. Please bring any props/ musical instruments/ etc. required for your talent performance!

Day 2 – Tuesday, July 17

11:00-2:00 Photo Scavenger Hunt @ Rotary Park (Downtown Cranbrook) **129 11th Ave S**

2:30-6:30 Training

7:00-9:00 Pool Party @ Western Financial Place **1777 2nd Street North (Back Pool Entrance)**

Day 3 – Wednesday, July 18

12:00-2:00 T Shirt Decorating @ the Gym

* Please bring white t shirt for t shirt decorating - labelled with athletes name *

2:30-6:30 Training

7:00-9:00 Glow/ Laser Bowling Party - @ Juniper Lanes **1400 4th Street North**

* Please wear white or neon clothing for laser bowling!

Day 4 – Thursday, July 19

11:00-12:00 Yoga/ Pilates @ the Gym

12:00-1:30 So You Think You Can Dance - Team Dances @ the Gym

1:30-5:30 Training

5:30-8:00 Wycliffe Wind Up - **Area #2 - 1200 Perry Creek Rd**

Pizza & Outdoor Water Games

* Please bring a towel/ change of clothes as athletes may get wet!*

Day 5 – Friday, July 20

9:00-1:00 Training

12:30-1:00 Parent Showcase @ the Gym

1:00-2:00 Dance Performances @ the Gym **415 Industrial Road A**

Camper of the Week Presentation