

## 2010 GMS Gymnastics Summer Camp Full Day Schedule



<b>9:00 – 9:05 AM</b>	<b>Check-In</b>
<b>9:05 – 9:15 AM</b>	<b>Community Meeting</b>
<b>9:15 – 9:30 AM</b>	<b>Warm-Up &amp; Stretch</b>
<b>9:30 – 10:00 AM</b>	<b>Gymnastics Event #1</b>
<b>10:00 – 10:30 AM</b>	<b>Gymnastics Event #2</b>
<b>10:30 – 11:00 AM</b>	<b>Gymnastics Event #3</b>
<b>11:00 – 11:10 AM</b>	<b>Break/Snack</b>
<b>11:10 – 11:30 AM</b>	<b>Gymnastics Event #4</b>
<b>11:30 – 11:55 AM</b>	<b>Tumble Track/ Trampoline</b>
<b>11:55 -12:00 PM</b>	<b>Get Ready for Lunch</b>
<b>12:00 – 12:25 PM</b>	<b>Lunch</b>
<b>12:25 – 12:55 PM</b>	<b>Arts &amp; Crafts</b>
<b>12:55 – 1:00 PM</b>	<b>Clean-Up</b>
<b>1:00-1:25 PM</b>	<b>Introduction to new skills #1</b>
<b>1:25– 1:50 PM</b>	<b>Introduction to new skills #2</b>
<b>1:50 – 2:00 PM</b>	<b>Strength &amp; Conditioning</b>
<b>2:00 PM</b>	<b>Dismissal/Check Out</b>



**Mail or Fax Registration Form to: GMS Gymnastics Institute  
7226 Newmarket Court, Manassas, VA 20109  
703-369-7800 (Gym) 703-361-1906 (Fax) [www.GMSKids.com](http://www.GMSKids.com)**