

The extreme Gym

TUMBLING - TRAMPOLINE - COMPETITIVE CHEER - COMPETITIVE TUMBLING & TRAMPOLINE - CAMPS - CLINICS - PARTIES - OPEN GYM
WWW.EXTREMEGYMWINDER.COM • 678.910.2227

Summer Camp @The Extreme Gym

Monday - Friday 9am - 5pm
June & July 2020 \$125/wk

Time Daily Activities

9:00	Arrive & Check In
9:30	Warm Up Activity & Stretch
10:15	Tumbling Circuits
11:15	Snack Break
11:30	Trampoline Event Practice
12:30	Lunch Break
1:30	Open event training
2:30	Games (nerf wars, bounce house, crafts, water balloon races)
3:30	Ninja Extreme & Tumbling
4:30	Cardio & Conditioning Games
4:50	Pack for Home
5:00	Pick Up Time