

Cheerleading Camp Sample Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Announcements			THEME DAY! - Dress Up Day! \$4.00 for Pizza *Bring A Friend to Camp		- Please wear your Camp T-shirt or a white shirt today. - Please bring your Party stuff
Times					
9:00 – 9:30	Roll / Team Activity	Roll / Team Activity	Roll / Team Activity	Roll / Team Activity	Roll / Team Activity
9:30 – 10:00	Aerobics/ Stretch/ Exercises	Aerobics/ Stretch/ Exercises	Fitness Fun Class	Aerobics/ Stretch/ Exercises	Aerobics/ Stretch/ Exercises
10:00 – 10:30	Dance Class	Dance Class	Dance Class	Dance Class	Dance Class
10:30 – 11:00	Dance Class	Dance Class	Dance Class	Dance Class	Team Practice
11:00 – 11:30	Team Practice	Team Practice	Team Practice	Team Practice	Team Practice
11:30 – 12:00	Team Practice	Team Practice	Team Practice	Team Practice	LUNCH
12:00 – 12:30	LUNCH	LUNCH	PIZZA Party!	LUNCH	Parent Performance
12:30 – 1:00	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME
1:00 – 1:30	Team Activity	Manners Class	Tumbling and Smart Class	Manners Class	Friday
1:30 – 2:00	Crafts and Team Activity	Modeling Class	Jump and Smart Class	Unicorn Scavenger Hunt	Celebration! Including:
2:00 – 2:30		Skit Class	Afternoon Themed Party! Including:	Skit Class	- Slumber Parties - Spirit-Olympics - Talent Show - Lip Sync Contest and More!
2:30 – 3:00		Paper Crafting Fun	Fashion Shows		
3:00 – 3:30			Beach Party and More!		
3:30 – 4:00	Game / Review			Game / Review	

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