

2010GMS Gymnastics Summer Camp Half Day Schedule



9:00 – 9:05 AM	Check-In
9:05 – 9:15 AM	Community Meeting
9:15 – 9:30 AM	Warm-Up & Stretch
9:30 – 10:00 AM	Gymnastics Event #1
10:00 – 10:30 AM	Gymnastics Event #2
10:30 – 11:00 AM	Gymnastics Event #3
11:00 – 11:10 AM	Break/Snack
11:10 – 11:30 AM	Gymnastics Event #4
11:30 – 11:50 AM	Tumble Track /Pit /Climbing Net /Rock Wall
11:50 -12:00 PM	Conditioning & Games



**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**