



GO! GIRLS IN MOTION 6-9

AGES 6-9 YRS

SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Climbing	Studio Time: Cheer	Outdoor Court: 3x3 Basketball	Climbing	Studio Time: Gymnastics
SNACK	SNACK	SNACK	SNACK	SNACK
Studio Time: Gymnastics	Field Sport: Weekly Activity	Skating	Studio Time: Cheer	Skating
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Beach Activity: Beach Volleyball	Richmond Olympic eXperience	Studio Time: Yoga	Beach Activity: Beach Tennis	Court Games: Tumble Tots Play
SNACK	SNACK	SNACK	SNACK	SNACK
Court Sport: Floorball	Studio Time: Dance	Field Sport: Ultimate	Studio Time: Zumba	Studio Time: Dance

Schedule is subject to change

ITEMS TO BRING TO CAMP:

- Snacks & water bottle
- Hat & sunscreen
- Athletic attire & running shoes
- Lunch



GO! GIRLS IN MOTION 9-12

AGES 9-12 YRS

SCHEDULE OF ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Studio Time: Gymnastics	Outdoor Court: 3x3 Basketball	Field Sport: Weekly Activity	Studio Time: Cheer	Beach Activity: Beach Tennis
SNACK	SNACK	SNACK	SNACK	SNACK
Skating	Studio Time: Cheer	Climbing	Skating	Studio Time: Gymnastics
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up	Camp Games and Warm Up
Field Sport: Cricket	Studio Time: Dance	Beach Activity: Bocce and Soccer	Studio Time: Zumba	Studio Time: Dance
SNACK	SNACK	SNACK	SNACK	SNACK
Racquet Sport: Weekly Activity	Richmond Olympic eXperience	Studio Time: Yoga	Field Sport: Kickball	Court Sport: Smashball

ITEMS TO BRING TO CAMP:

- Snacks & water bottle
- Hat & sunscreen
- Athletic attire & running shoes
- Lunch