

10.0 Camp Schedule

Day 1

9:00 – 9:30 am	Check in at the Francis Allen Training Center (1600 Court Street, Lincoln, NE, 68508) Camp Store will be open/Pick up Leotards
9:30 – 10:00	Rules/T-shirts/Groups
10:00 – 10:30	Camp Picture
10:30 – 10:50	Stretch/Warmup
10:50 – 11:25	Rotation 1
11:25 am – 12:00 pm	Rotation 2
12:00 – 12:35	Rotation 3
12:35 – 1:00	Lunch (bring sack lunch)
1:00 – 2:00	Swim (camper can bring a lifejacket/floaties if they would feel more comfortable)
2:00 – 2:15	Warmup
2:15 – 2:50	Rotation 4
2:50 – 3:25	Rotation 5
3:25 – 4:00	Rotation 6
4:00 – 4:35	Rotation 7
4:35	Camp dismissal/Pick up at Francis Allen Training Center

Day 2

9:00 – 9:15 am	Drop off/Check in - Francis Allen Training Center
9:15 – 9:45	Stretch/Warmup
9:45 – 10:20	Rotation 1
10:20 – 10:55	Rotation 2
10:55 – 11:30	Rotation 3
11:30 am – 12:05 pm	Rotation 4
12:05 – 12:45	Lunch (bring sack lunch)
12:45 – 1:30	Stick Contest
1:30 – 2:00	Stretch/Warmup
2:00 – 2:35	Rotation 5
2:35 – 3:10	Rotation 6
3:10 – 3:45	Rotation 7
3:45 – 4:20	Rotation 8
4:20 – 4:30	Clean Gym/get dressed
	Camp dismissal/Pick up at Francis Allen Training Center

Day 3

9:00 – 9:15 am	Drop off/Check in - Francis Allen Training Center
9:15 – 9:45	Stretch/Warmup
9:45 – 10:20	Rotation 1
10:20 – 10:55	Rotation 2
10:55 – 11:30	Rotation 3
11:30 am – 12:05 pm	Rotation 4
12:05 – 12:45	Lunch (bring sack lunch)
12:45 – 1:15	Handstand Contest
1:15 – 1:45	Stretch/Warmup
1:45 – 2:20	Rotation 5
2:20 – 2:55	Rotation 6
2:55 – 3:30	Rotation 7
3:30 – 4:00	Prizes from Tickets
3:50	Parents Arrive
4:00 – 4:20	Show Camp Dance
4:20 – 4:30	Autographs & Pictures
4:30	Clean Gym/get dressed
	Camp dismissal/Pick up at Francis Allen Training Center