

Scripps Ranch Swim & Racquet Club
 Summer Camps 2010
Cheerleading

Session: 6

Day: Monday

Time	Activity	Location
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	Stretch / Warm Up	El Mirador
10:00	Cheer Activities	El Mirador
10:30	Snack	
11:00	Cheer Activities	El Mirador
11:30		
12:00	Lunch	
12:30	Cheer Activities	El Mirador
1:00		
1:30	Group Game: Missing Child	El Mirador
2:00	Swimming or Free Choice	Pool or Playground
2:30		
3:00		
3:30	Camp Meeting	Basketball Court
4:00	Camp Ends	Basketball Court
4:00 - 6:30	PM Extended Care	

* Cheer performance 1:00pm on Thursday!

* All itineraries, times, and locations are subject to change. AM snack and lunch must be brought by camper.

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Session: 6

Day: Tuesday

Time	Activity	Location
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	Stretch / Warm Up	El Mirador
10:00	Cheer Activities	El Mirador
10:30	Snack	
11:00	Cheer Activities	El Mirador
11:30		
12:00	Lunch	
12:30	Cheer Activities	El Mirador
1:00		
1:30	Group Game: Freeze Dance	El Mirador
2:00	Swimming or Movie	Pool or TV Room
2:30		
3:00		
3:30	Camp Meeting	
4:00	Camp Ends	
4:00 - 6:30	PM Extended Care	

* Cheer performance 1:00pm on Thursday!

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Scripps Ranch Swim & Racquet Club
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Session: 6

Day: Wednesday

Time	Activity	Location
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	Stretch / Warm Up	El Mirador
10:00	Cheer Activities	El Mirador
10:30	Snack	
11:00	Cheer Activities	El Mirador
11:30		
12:00	Lunch	
12:30	Decorate T-Shirts	Kitchen Patio
1:00		
1:30		
2:00	Swimming or Free Choice	Pool or Playground
2:30		
3:00		
3:30	Camp Meeting	
4:00	Camp Ends	
4:00 - 6:30	PM Extended Care	

* Cheer performance 1:00pm on Thursday!

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Scripps Ranch Swim & Racquet Club
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Session: 6

Day: Thursday

Time	Activity	Location
6:30 - 8:30	AM Extended Care	TV Room
8:30	Camp Warm Up	Basketball Court
9:00	Camp Meeting & Organization	Basketball Court
9:30	Stretch / Warm Up	El Mirador
10:00	Practice for Performance	El Mirador
10:30	Snack	
11:00	Practice for Performance	El Mirador
11:30		
12:00	Lunch	
12:30	Get Ready for Cheer Performance & Flag Football Game	
1:00	Cheer at Flag Football Game / Cheer Performance at Half Time	Big Field
1:30		
2:00	Swimming or Movie	Pool or TV Room
2:30		
3:00		
3:30	Camp Meeting	
4:00	Camp Ends	
4:00 - 6:30	PM Extended Care	

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