

Florida Flips Sports camp activity schedule

Time	Monday	Tuesday	Wednesday	Thursday
Things to bring to camp	Lunch Gym shoes Socks	Picnic Lunch Gym shoes Socks Sun screen Suit and towel	Lunch Gym shoes Socks	Lunch Gym shoes Socks Sun screen Suit and towel
9:00 AM Drop off				
9:00 AM	Sign in Forward roll drill station Obstacle course/Foam pit Meeting Archery Belt tramp Tumble tramp	Black tramp Belt tramp Gauntlet Vaulting	Dodge ball Belt Tramp Double mini Tumbling	Archery Tournament Rope swing Belt Tramp Rock wall
10:00 AM	Black tramp Foam pit	Water skiing Tubing	Bowling	Spud Belt Tramp Ring Spin Tumble tramp
11:00 AM	Foam fight Foam castles Foam stacking	Knee boarding Kayaking	Belt tramp Tumble tramp Black tramp Foam pit Rings	Ball catch into pit Rings Rope swing Castle Beam
NOON	Girls Lunch Boys Pom-pom Switch	Girls Lunch Boys Lunch	Lunch	Lunch
1:00PM	Little ones Parachute Jump rope Tug-o-war Relay-races	Canoeing King of the mat	Rock wall Octopus tag Trampolines Hot box	Swimming Diving
2:00PM	Dodge ball Foam pit Hot box Freeze pops	Trampoline Freeze pops	Shipwreck Balance beam Pom-Pom Freeze pops	Freeze pops

3:00 pm pick up