

2024 Florida Flips Sports camp activity schedule

Drop off at Gym except **(on Tuesday drop off at 4955 Lake Daisy Rd S.)**

Time	Monday	Tuesday	Wednesday	Thursday
Things to bring to camp	Lunch Gym shoes Socks	Picnic Lunch Sun screen Suit and towel	Lunch Gym shoes Socks	Lunch Gym shoes
9:00 AM Drop off – Itinerary for each day				
9:00 AM	Sign in Forward roll drill station Obstacle course/Foam pit/ Tumble tramp/Archery Meeting	On Tuesday drop off is at 4955 Lake Daisy Rd. S. Just behind Garden Grove School Water skiing	Dodge ball Belt tramp Tumble tramp	Ninja obstacle course Belt Tramp Rock wall Castle
10:00 AM	Belt tramp Tumble tramp Black tramp Foam pit Group game Castle		Tubing	Spud Belt Tramp Ring Spin Tumble tramp
11:00 AM	Foam fight Foam castles Foam stacking	Kayaking	Switch groups	Ball catch into pit Rings/Beam
		Canoeing	<u>Group 2 Bowling</u> Belt tramp Tumble tramp Black tramp Foam pit Rings/Beam	Hot Box Rope swing Pom Pom Dodge ball
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	Archery	Rock wall Octopus tag Trampolines Hide & Go seek	Trampolines Shipwreck Pom-Pom Hot Box
2:00PM	Dodge ball Black tramp Hot box	Trampoline	Shipwreck Tramp Pom-Pom	

3:00 pm pick up at Gym except Tuesday. Tuesday pick up at 4955 Lake Daisy Road South.

Coaches: Steve, Kally, Hannah, Mark, Mali, Madison, Malayna. For more information, call Dawn at 863-221-9943. **On Tuesday** picnic Lunch, sun screen, bathing suit, Gym shoes, towel, rash guard or T-shirt, refillable water bottle. If your child has a life jacket you may bring it.