

2026 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 Animal day	Picnic Lunch Under the sea day <small>Sun screen Suit and towel</small>	Lunch Super hero day Socks	Lunch Olympics day
9:00 AM Drop off – Itinerary for each day				
9:00 AM	Sign in Forward roll drill station Obstacle course/Foam pit/Tumble tramp	<p><small>On Tuesday drop off is at 4955 Lake Daisy Rd. S. Just behind Garden Grove School</small></p> <p>Rotate by group</p> <p>Archery</p> <p>Trampoline</p> <p>Kayaking</p> <p>Canoeing</p> <p>Swimming</p> <p>Water skiing</p> <p>Tubing</p> <p>Lunch</p> <p>Lawn games</p> <p>Tubing</p> <p>Swimming</p>	Dodge ball Belt tramp Tumble tramp	Ninja obstacle course Belt Tramp
9:30 AM	Belt tramp Tumble tramp		<u>Group 1 Bowling</u> Belt tramp Tumble tramp	Rock wall Castle/games
10:00 AM	Black tramp Foam pit Group game		Black tramp Games	Games/Spud Belt Tramp Ring Spin
10:30 AM	Castle		<u>Group 2 Bowling</u> Belt tramp Tumble tramp	Tumble tramp
11:00 AM	Foam fight Foam castles Foam stacking		Black tramp Foam pit Rings/Beam	Ball catch into pit Rings/Beam Floor games
11:30 AM	1 Girls Lunch Boys Pom-pom, pit, belt tramp		11:30 <u>Group 3 Bowling</u> Belt tramp Tumble tramp	Hot Box Pom Pom
12:00 PM 20 min lunch rotations group as needed	2 Girls Lunch Boys Pom-pom...		Foam pit Rings/Beam	Lunch/Games Jump rope
	3 Girls Lunch Boys Pom-pom...			
12:30 PM	Boys Lunch Girls Pom-pom...			Lunch/Games Jump rope
1:00 PM	Little ones Parachute Jump rope Tug-o-war Relay-races			Rock wall Octopus tag Hide and go seek
2:00 PM	Dodge ball Black tramp Hot box		Shipwreck Tramp Pom-Pom	

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

Coaches: Steve, Jackson, Hannah, Mark, Mali, Madison, Malayna, Madelyn. 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 on Tuesday.**