

## 2021 Florida Flips Sports camp activity schedule

Tuesday only: 9:00 AM drop off at 4955 Lake Daisy Road S.

Drop off at the gym		Drop off at the gym		
Time	Monday	Tuesday	Wednesday	Thursday
<b>Things to bring to camp</b>	Lunch Gym shoes Socks	Picnic Lunch Sun screen Suit and towel	Lunch Gym shoes Socks	Lunch Gym shoes Sun screen Suit and towel
<b>9:00 AM Drop off – Itinerary for each day</b>				
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  Tubing  Knee boarding  Kayaking  Girls Lunch Boys Lunch  Canoeing  King of the mat  Trampoline	Dodge ball Belt Tramp Double mini Tumbling	Boys-Archery Ninja obstacle course Belt Tramp Rock wall Castle
10:00 AM	Girls-Archery Belt tramp Tumble tramp Black tramp Foam pit Group game		Bowling	Spud Belt Tramp Ring Spin Tumble tramp
11:00 AM	Foam fight Foam castles Foam stacking		Belt tramp Tumble tramp Black tramp Foam pit Rings/Beam	Ball catch into pit Rings/Beam Hot Box Rope swing Pom Pom
NOON	Girls Lunch Boys Pom-pom Switch		Lunch	Lunch
1:00PM	Little ones Parachute Jump rope Tug-o-war Relay-races		Rock wall Octopus tag Trampolines Hide & Go seek	Swimming Diving -or- Trampolines Shipwreck Pom-Pom Hot Box
2:00PM	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, Jeremiah, Kally, Layla, Dawn. 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.