



DATE: _____

COACH: _____

	GROUP 1 AGES 3-5	GROUP 2 AGES 6-8	GROUP 3 AGES 7-11	GROUP 4	GROUP 5
8:00	FREE PLAY				
8:15	SAFETY PRACTICE & RULES				
8:30	GROUP GAMES				
8:45	WARM-UP & STRETCH				
9:00	BREAK INTO GROUPS & ATTENDANCE				
9:30	GAMES	TRAMPOLINE	UNEVEN BARS	FLOOR	BEAM GAMES
10:00	BEAM GAMES	FLOOR	TRAMPOLINE	VAULT	UNEVEN BARS
10:30		SNACK BREAK			
11:00	TRAMPOLINE	UNEVEN BARS	VAULT	TRAMPOLINE	FLOOR
11:30	FREE PLAY				
12:00	LUNCH BREAK				
1:00	CRAFT TIME	VAULT	BEAM	UNEVEN BARS	TRAMPOLINE
1:30	BAR GAMES	CRAFT TIME	FLOOR	CRAFT TIME	VAULT
2:00	PARACHUTE	BEAM	CRAFT TIME	BEAM GAMES	CRAFT TIME
2:30	SNACK BREAK				
2:45	GOODBYE GAMES	FREE PLAY	FREE PLAY	FREE PLAY	FREE PLAY
3:00	SEE YOU TOMORROW!				