

**TUESDAY 7/7/18 SUPER HERO DAY**

8:30 - 8:55 am DROP-OFF AT WOOLLEN GYM  
9:00 - 9:20 WARM-UP  
9:20 - 9:45 ROTATION 1  
9:45 - 10:10 ROTATION 2  
10:10 - 10:35 ROTATION 3  
10:35 - 11:00 ROTATION 4  
11:00 - 11:30 OPEN GYM  
11:30 - 11:45 STRETCH  
11:45 - 1:00pm LUNCH  
1:00 - 1:30 STAFF DEMO / GAMES  
1:45 - 2:10 ROTATION 5  
2:10 - 2:35 ROTATION 6  
2:35 - 3:00 ROTATION 7  
3:00 - 3:30 OPEN GYM  
3:30 - 4:15 GAMES & POPSICLES  
4:15 - 4:30 STRETCH  
4:30 WALK TO WOOLLEN GYM  
4:45 CAMPER PICK-UP

**WEDNESDAY 7/18/18 NEON DAY**

8:30 - 8:55 am DROP-OFF AT WOOLLEN GYM  
9:00 - 9:20 WARM-UP  
9:20 - 9:45 ROTATION 1  
9:45 - 10:10 ROTATION 2  
10:10 - 10:35 ROTATION 3  
10:35 - 11:00 ROTATION 4  
11:00 - 11:30 OPEN GYM  
11:30 - 11:45 STRETCH  
11:45 - 1:00pm LUNCH  
1:00 - 1:30 STAFF DEMO / GAMES  
1:45 - 2:10 ROTATION 5  
2:10 - 2:35 ROTATION 6  
2:35 - 3:00 ROTATION 7  
3:00 - 3:30 OPEN GYM  
3:30 - 4:15 GAMES & POPSICLES  
4:15 - 4:30 STRETCH  
4:30 WALK TO WOOLLEN GYM  
4:45 CAMPER PICK-UP

**THURSDAY 7/19/18 TAR HEEL SPIRIT DAY**

8:30 - 8:55 am DROP-OFF AT WOOLLEN GYM  
9:00 - 9:20 WARM-UP  
9:20 - 9:45 ROTATION 1  
9:45 - 10:10 ROTATION 2  
10:10 - 10:35 ROTATION 3  
10:35 - 11:00 ROTATION 4  
11:00 - 11:30 OPEN GYM  
11:30 - 11:45 STRETCH  
11:45 - 1:00pm LUNCH  
1:00 - 1:30 STAFF DEMO / GAMES  
1:45 - 2:10 ROTATION 5  
2:10 - 2:35 ROTATION 6  
2:35 - 3:00 ROTATION 7  
3:00 - 3:30 OPEN GYM  
3:30 - 4:15 GAMES & POPSICLES  
4:15 - 4:30 STRETCH  
4:30 WALK TO WOOLLEN GYM  
4:45 CAMPER PICK-UP