

San Diego Rhythms Summer 2009 Camp Schedule

What to bring to camp: all equipment, black leotard, black footless tights, toe shoes, sweater, short white socks, running shoes, water, lunch, sunscreen.

Daily Schedule Monday and Tuesday

9:00 Campers meet at the field outside of the Boys and Girls Club
9:00 – 9:30 Aerobic training outside
9:30 – 12:30 Gymnastics training
12:30 – 1:00 Lunch
1:00 – 2:00 Ballet
2:00 – 3:00 Dance (Latin/Jazz)
3:00 Camp ends. All campers must be picked up from the Dance Room

Daily Schedule Wednesday, Thursday, and Friday

9:00 Campers meet in the Dance Room
9:00 – 12:00 Gymnastics Training
12:00 – 1:00 Ballet
1:00 – 1:30 Lunch
1:30 – 2:00 Gymnastics training
2:00 – 3:00 Dance (Latin/Jazz)
3:00 Camp ends. All campers must be picked up from the Dance Room

Afternoon care is available for \$25.00/week. Contact Boys and Girls Club front desk