

2019 Acro Camp

Time	Monday			Tuesday			Wednesday			Thursday			Friday		
9:00-10:00	Group 1 Warm Up & Conditioning Christine	Group 2 Warm Up & Conditioning Christine	Group 3 Warm Up & Conditioning Christine	Group 1 Warm Up & Conditioning Christine	Group 2 Warm Up & Conditioning Christine	Group 3 Warm Up & Conditioning Christine	Group 1 Warm Up & Conditioning Christine	Group 2 Warm Up & Conditioning Christine	Group 3 Warm Up & Conditioning Christine	Group 1 Warm Up & Conditioning Christine	Group 2 Warm Up & Conditioning Christine	Group 3 Warm Up & Conditioning Christine	Group 1 Warm Up & Conditioning Christine	Group 2 Warm Up & Conditioning Christine	Group 3 Warm Up & Conditioning Christine
10:00-10:10	Break	Break	Break	Break	Break	Break	Break	Break	Break	Break	Break	Break	Break	Break	Break
10:10-11:10	Group 1 Limbering/W alkovers Christine	Group 2 Balances & Stands Ashley	Group 3 Balances & Stands Ashley	Group 1 Strength & Partnering Suzie	Group 2 Aerials Christine	Group 3 Aerial Work Katherine	Group 1 Balances & Stands Christine	Group 2 Tricks Kim	Group 3 Tricks Kim	Group 1 Limbering/W alkovers Christine	Group 2 Contortion & Flexibility Nina	Group 3 Contortion & Flexibility Nina	Group 1 Limbering/Walkovers Monica	Group 2 Balances & Partner Work Christine	Group 3 Balances & Partner Work Christine
11:15-12:15	Group 1 Balances & Stands Ashley	Group 2 Walkover Variations Christine	Group 3 Walkover Variations Christine	Group 1 Intro to Tumbling Christine	Group 2 Handsprings Katherine	Group 3 Tumbling Variations Suzie	Group 1 Limbering/Walkovers Kim	Group 2 Balances & Partner Work Christine	Group 3 Balances & Partner Work Christine	Group 1 Flexibility Nina	Group 2 Walkover Variations Christine	Group 3 Walkover Variations Christine	Group 1 Balances & Stands Christine	Group 2 Walkover Variations Alex	Group 3 Walkover Variations Monica
12:15-12:55	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
12:55-1:55	Group 1 Strength & Partnering Alex	Group 2 Aerials Ashley	Group 3 Tumbling Variations Aaron	Group 1 Balances & Stands Suzie	Group 2 Walkover Variations Katherine	Group 3 Walkover Variations Katherine	Group 1 Strength & Partnering Maddison	Group 2 Aerials Kim	Group 3 Tumbling Variations Aaron	Group 1 Aerial/Back Handspring Clinic Christine	Group 2 Aerial/Back Handspring Clinic Christine	Group 3 Tumbling Variations Nina	Group 1 Strength & Partnering Alex	Group 2 Handsprings Aaron	Group 3 Aerial Variations Monica
2:00 - 3:00	Group 1 Intro to Tumbling Alex	Group 2 Handsprings Aaron	Group 3 Aerial Work Ashley	Group 1 Limbering/W alkovers Katherine	Group 2 Balances & Stands Suzie	Group 3 Balances & Stands Suzie	Group 1 Intro to Tumbling Maddison	Group 2 Handsprings Aaron	Group 3 Aerial Work Kim	Group 1 Choreo Christine	Group 2 Choreo Nina	Group 3 Choreo Nina	Group 1 Intro to Tumbling Alex	Group 2 Aerials Monica	Group 3 Tumbling Variations Aaron