

Week 1: Masterpiece Makers (June 23rd - June 27th)

An immersive, hands-on creative experience where campers can explore the world of arts through painting, drawing, crafting and more. Whether your child is a budding Picasso or just loves to express themselves through color and design, this Gym Jam is designed to inspire and cultivate their creativity!

Week 3: Obstacle Course Galore (July 7th - July 11th)

The ultimate destination for kids who love a challenge! This high-energy, action-packed Gym Jam is all about conquering physical obstacles, building resilience, and pushing limits in a fun and supportive environment. Whether campers are racing through the foam pit, climbing over mats, or navigating through tunnels, they'll develop strength, agility, and teamwork—all while having a blast!

Week 2: Stars and Stripes (June 30th - July 3rd)

A patriotic and fun-filled week celebrating the spirit of America! Whether you're looking to explore, engage in outdoor adventures, or simply enjoy all-American activities, this Gym Jam is packed with exciting challenges, creative projects, and team-building experiences inspired by the colors, symbols, and traditions of the United States.

Week 4: Twist and Tumble (July 14th - July 18th)

This Gym Jam is for young athletes who are ready to build strength, improve their skills, and have fun! Whether your camper is a beginner learning the basics or a gymnast perfecting their routines, this Gym Jam offers personalized instruction, exciting challenges, and an emphasis on both fitness and fun.

Week 5: Enchanted Forest (July 21st - July 25th)

A magical retreat where kids can escape into a world of wonder, adventure, and fantasy. Set amidst towering trees and mystical landscapes, this Gym Jam offers campers a chance to explore the natural world while immersing themselves in enchanting themes inspired by fairytales, mythical creatures, and the magic of the forest.

Week 7: Ocean Explorer (August 4th - August 8th)

The perfect adventure for young explorers who are passionate about the sea and eager to dive into the wonders of ocean life! Whether they're interested in marine animals, the mysteries of the deep, or simply enjoying the outdoors, this Gym Jam offers a blend of hands-on learning, water activities, and ocean-themed fun that will leave campers excited, inspired, and connected to the natural world.

Week 6: Mindful Motion (July 28 - August 1st)

An immersive experience designed to help kids discover the power of mindfulness through movement. In this Gym Jam, campers will learn how to connect their minds and bodies, build emotional awareness, and practice relaxation techniques, all while having fun and staying active! Through a combination of yoga, gymnastics, outdoor activities, and creative play, this Gym Jam helps kids build resilience, improve focus, and cultivate inner calm, making it the perfect balance of mind and body.

Week 8: Mystery Mayhem (August 11th - August 14th)

An action-packed, brain-bending adventure where campers will dive deep into a world full of puzzles, clues, and thrilling mysteries to solve! If your child loves solving riddles, following clues, and playing detective, this Gym Jam is the perfect blend of excitement and challenge. Whether they're cracking codes, exploring hidden treasures, or putting together clues, Mystery Mayhem will keep campers on their toes, all while encouraging teamwork, critical thinking, and creativity.