



## Move it Cayman Challenge Finale: FREE Family Fun day

Celebrating Movement, Health and Community

### Event Schedule

Date: 4 July 2026

Venue: John Gray High School Campus

<b>Morning Activities</b>	
<b>6:30am</b> 1-Mile road race, School zone loop	
<b>7:00am</b> Community Stretch Session	<b>John Gray Gymnasium</b>
<b>8:00am</b> Group Dance Fitness Session	<b>Instructors:</b> Yanique Vernon-Mitchell ( <i>Dance Fit</i> ) and Genessys Villalba ( <i>Zumba</i> ) <b>John Gray Gymnasium</b>
<b>9:00am</b> Official Opening Ceremony	
<b>Multi-Sports Festival</b>	
<b>9:15am-12:00pm</b>	Participants and spectators can enjoy exciting games and competition in: <ul style="list-style-type: none"> <li><input type="checkbox"/> Basketball</li> <li><input type="checkbox"/> Cricket</li> <li><input type="checkbox"/> Netball</li> </ul>
<b>Active Seniors Zone</b>	
<b>10:am-1:00pm</b>	Designed specifically for our senior participants: <ul style="list-style-type: none"> <li><input type="checkbox"/> Chair Yoga</li> <li><input type="checkbox"/> Basketball Shootout</li> <li><input type="checkbox"/> Football Shootout</li> <li><input type="checkbox"/> Box Fit</li> <li><input type="checkbox"/> Giant Connect 4</li> </ul>
<b>Sports &amp; Fitness Exhibitions</b>	
<b>12:00pm-1:30pm</b>	Experience demonstrations from some of Cayman's talented athletes and coaches: <ul style="list-style-type: none"> <li><input type="checkbox"/> Taekwondo Exhibition</li> <li><input type="checkbox"/> Boxing Exhibition</li> </ul>



**Move it Cayman**

<b>Championship Finals</b>	
<b>1:30pm-2:00pm</b>	<input type="checkbox"/> Basketball Finals <input type="checkbox"/> Netball Finals
<b>Community Fitness Celebration</b>	
<b>2:00pm-2:50pm</b> Socarobics Dance Party	<p><b>Instructors:</b> Callroy Harris, Yanique Vernon-Mitchell and Genessys Villalba</p> <p>Join us as we celebrate movement, health, and community through music and dance.</p>
<b>Closing Ceremony</b>	
<b>2:55pm-3:00pm</b>	