

DAILY ACTIVITY HIGHLIGHTS:

- Gymnastics Instruction
- Swimming
- Arts & Crafts
- Dance
- Snack
- Games
- Challenges



GYMNASTICS CAMP

Ages 5—13 years

**Camp
T-Shirt
Included!**



Family Night!

Fridays 3:00-5:00 pm

Come watch your camper perform and see what they've learned. Stay for our Bar-B-Q!

Inside

About our Camp

Camp Staff

A Day as a Camper

Highlights

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Program Message

We really believe that gymnastics is the basis of sports. Gymnastics teaches all of these characteristics and skills: both physical and mental strength, balance, coordination, stamina, confidence, and discipline. All children, regardless of experience, age or ability can benefit from this amazing, dynamic sport! Because we want to have a camp that is fun, challenging, and appropriate for all children, children are grouped for age and progress level to ensure success for all.

O u r S t a f f ...

The most important aspect of our program is our dedicated and well trained staff. Our staff have extensive backgrounds in the sport of gymnastics, and are trained in First Aid and CPR. We choose our staff for their maturity, and ability to be a positive role model for your child. We realize that this is the first camp experience for many of these children, so we want to provide a positive and nurturing environment for these campers to flourish.



For registration information and to receive a registration form please ask a Member Services Representative.

A Day As a Camper

- 9:00 Check In and “Ice-breakers” or games
- 9:15 Warm ups and Stretch in Groups

- 9:40 1st Gymnastics Event
- 10:00 2nd Gymnastics Event

- 10:20 Snack (provided by camp)
- 10:45 Ages 5/6 Swimming
- 11:15 Ages 5/6 Dance Class (M/W)/ Arts & Crafts (T/Th) Rehearsals (F)
- 11:45 Ages 5/6 Group Games

- 12:05 Lunch All Campers

- 10:35 Ages 7 – 9 and 10 + 3rd Gymnastics Event
- 11:05 Ages 7 – 9 and 10 + Swimming

- 11:35 Ages 7– 9 and 10 + Arts & Crafts (M/W) Dance Class (T/Th) Rehearsals (F)

- 12:45 All Campers reconvene in the Gym

- 12:50 Late Day Stretch and Group Time
- 1:00 Ages 7 – 9 and 10 + 4th Gymnastics Event
- 1:00 Ages 5/6 3rd Gymnastics Event

- 1:20 Ages 5/6 4th Gymnastics Event

- 1:20 Ages 7 – 9 and 10+ Skill Clinics in Groups
- 1:40 Group Games
- 2:00 Shape of the Day Circuit
- 2:30 Obstacle Course
- 3:15 Cool Down/ Choice Time w/ Groups
- 3:30 Open Gym
- 4:00 Camper Dismissal and Pick up