2017 Gymnastics Plus
Full-Day Summer Camps

Camp #1 - June12 – 16, 2017 (Girls Only)
Camp #4 - July 10 – 14, 2017
Monday thru Friday 8:30am – 3:00pm

CAMP TUITION
$350
Deposit: $150 (non- refundable) required to reserve a spot.

ABOUT OUR CAMP

- We have a professional staff with many years of coaching experience.
- **For students (girls and boys) 6 yrs and up.**
- We offer every camper the opportunity to learn new skills while polishing up on their current ones.
- Along with gymnastics, we offer other activities such as, arts and crafts, dance, conditioning, skits, camp Olympics, Talent Show and camp awards ceremony on the final day of camp.
- Campers are placed in workout groups according to their ability level.
- Our instructor/student ratio in 1 to 8, which allows each camper the opportunity to try a new skill many times, which is the key to learning.
- Most of all, we offer campers lots of fun and encouragement.

Basic Daily Schedule

ARRIVE AT 8:30AM

8:45am	Warm up & Daily Announcements
9:00 - 9:45	1st Rotation
9:45 - 10:30	2nd Rotation
10:30 - 11:15	3rd Rotation
11:15 – 12:00	4th Rotation
NOON - 1pm	LUNCH
1:00 – 1:15	Afternoon Warm up
1:15 - 2:00	5th Rotation
2:00 – 2:45	6th Rotation
3:00	END OF CAMP DAY

Camp Philosophy & Staff

Our staff brings many years of coaching experience as competitive gymnasts in high school, college and Junior Olympic programs, all with the common goal of helping you to develop your skills. Our first and foremost goal is for you to have a lot of fun, learn new skills and meet new people. We will evaluate each student to make sure they are placed with a group where they can progress and feel comfortable. We want each of our campers to go away with some new skills and progressions to help them ultimately learn the skills they need to reach their goals.