



2020 Full-Day Summer Camp

Overview



Camp #1 – June 8 – 12 2020
Camp #4 – July 13 – 17, 2020
 Monday thru Friday 8:30am – 3:00pm

CAMP TUITION
\$400
 Deposit: \$160 (non- refundable)
 required to reserve a spot.

- ABOUT OUR CAMP .**
- **For students (girls and boys) 6 yrs and up.**
 - We offer every camper the opportunity to learn new skills while polishing up their current ones.
 - Along with gymnastics, we offer other activities such as arts and crafts, dance, conditioning, skits, outdoor play, games and races, and a camp show on the final day of camp.
 - Campers are placed in workout groups according to their ability level.
 - Our instructor/student ratio is 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	1 st Rotation
9:45 - 10:30	2 nd Rotation
10:30 - 11:15	3 rd Rotation
11:15 – 12:00	4 th Rotation
NOON - 1pm	LUNCH
1:00 – 1:15	Afternoon Warm up
1:15 - 2:00	5 th Rotation
2:00 – 2:45	6 th 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 your child develop his/her skills. Our first and foremost goal is for students 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.