



# Summer 2018 Camp/Classes



**Summer Camp is: Monday, June 25<sup>th</sup> to Friday, August 24<sup>th</sup>**

Choose from 1 to 9 weeks - Monday thru Friday

Your child can come one day a week or up to five days

You choose your days - (Students are divided by age and ability)



During the gymnastic center's summer camp, kids stay active, improve their coordination, and make new friends. Kids must be 3 years old and up and potty trained. Gymnasts are always grouped by age and ability. Don't get closed out, call to reserve your spot.

In half- and full-day camps, students are divided by age and ability. Younger students will learn to tumble using the trampoline, tumble track, and age appropriate gymnastics equipment. We will also work on hand eye, gross and fine motor skills through singing songs, blowing bubbles, playing parachute, and completing arts and crafts. Older students learn to tumble through safe progressions, learn how to protect their head and neck, jump into a non-allergenic pit, and use the vault, bars, and beams, in addition to doing floor exercises, fun games, arts and crafts all while keeping cool in our a/c gym. No sunburn or bugs to worry about.

**Summer Classes are: Tuesday, July 10<sup>th</sup> to Thursday, August 23<sup>rd</sup>**

**7 weeks - Tuesday, Wednesday, or Thursday**

45 minute to 1 Hours Classes - 4:15, 5:30 and 6:30

1 ½ Hour Classes - 4:15 and 5:45 Classes

Beginners (1 hour) are working on perfecting their roll, handstand, cartwheels and all beginner level skills on all pieces of equipment. Our objective is to build a foundation for their continued growth and progress into the next level.

In our more advanced classes (1 ½ hour) we are working on improving their basics and building on so we can move them through the levels more quickly. At this level they will experience the fun and sense of achievement that only gymnastics challenge can provide.

**Team: All gymnasts must try out to be on one of our teams. We have USAG, USAIGC and JOGA. Call the office for appointment.**

The instructors are Safety, CPR, and First Aid Certified, and have the experience and knowledge needed to teach and motivate their students. They teach in safe skill progressions to help each child increase their physical strength and personal confidence with each class.

Check out Groupon for our Summer Camp Special or call us at 732-400-8555

Groupon – Summer 2018 - Give as a Gift - Be the First to Buy! - Limited quantity available