

General Information

\$35 registration fee if you are not currently enrolled in Classes.

Ages 5 - 15 years old.

You may register for any one or multiple weeks.

Campers should bring their own snack.

No Refunds or Make-Ups

Additional Information

- •Hair should be worn up.
- •If you don't own a leotard, then shorts and a t-shirt are recommended.
 - •Don't forget WATER BOTTLES!
- •Due to high rates of Peanut Allergies, please do <u>NOT</u> pack snacks containing Peanuts.

3 Day Road Carmel Ny (845)306-7530

Cost (Per week) 8:30am - 2:30pm \$325

Cost Per day \$70

SPECIAL Sibling discount 10% off Extended Hours \$8 per hour

Dates

1: June 28 - July 2: Flip Into Summer Comprehensive gymnastics skills

2: July 5 -- July 9: Party in the USA

Celebrate the USA while we do some star-spangled 11:15 – 11:50: Trampoline & Tumble Track gymnastics.

3: July 12 - July 16: 2021 Olympic Gymnastics Let the games begin! Learn gymnastics skills on all apparatus.

4: July 19 - July 23: NinjAction Week Developing speed agility and balance in ninia-styled obstacle training

5: July 26 - July 30: Going for Gold Competing for the USA in multiple summer sports and games

6: August 2 - August 6: Challenging our champions Daily Challenges to be faster, stronger, better

7: August 9 - August 13: Dream Team Week Cooperative team-based games and contests

8: August 16 - August 20: Sportastics Daily games and contests based on gymnastics & other sports from around the world.

9: August 23 - August 27: Superstar Showcase Putting skills together into performance style routines

Prices

5 Days 6 Hours \$325 4 Days 6 Hours \$260 3 Days 6 Hours \$200 2 Day 6 Hours \$135 1 Day 6 Hours \$70

Daily Schedule

8:30 - 9:00: Warm up

9:00 - 9:35; Gymnastics Adventure Part 1

9:35 - 10:10: Gymnastics Adventure Part 2

10:10 – 10:45: Outside Fun

10:45 – 11:15: Energy Break/ Arts + Crafts

Jungle

11:50 - 12:30: Lunch Time

12:30 - 1:10: Exciting Gymnastics Games in the Gym!

1:10 - 1:45: Fitness Exercise to build strength

1:45 - 2:30: Themed Games and Goodbyes!

