

# SUMMER 2019

## Developmental Camps

These camps are specifically for gymnasts in levels 2,3,4,5 and Xcel Silver. We will be working on all four event - vault, bars, beam, and floor! This is a great opportunity to get in some extra practice and learn some new skills. We will be focused on gymnastics with some other fun activities mixed in! Campers will need to bring a lunch.

## DATES

All camps will run 8:30am-3:30pm

Wednesday, June 12th (reg. ends 6/1)

Wednesday, June 26th (reg. ends 6/19)

Wednesday, July 10th (reg. ends 7/3)

Wednesday, July 24th (reg. ends 7/17)

Wednesday, August 7th (reg. ends 7/31)

\*Registration for each camp will close one week before the date of the scheduled camp. See dates in green.

## COST

Five camp bundle rate: \$230

\*If signed up by **JUNE 7th**, campers will receive a **FREE** camp practice leotard!

Three camp bundle rate: \$145

If signed up by **JUNE 7th**, campers may choose to order a camp leotard with a **\$10 discount**

Single camp rate: \$50

Single day campers are welcome to purchase a leotard if signed up by **JUNE 7th**



## Daily Schedule

- 8:30–9:00am** Check-in/Warm-up/Stretch
- 9:00–9:30am** Whole group basics
- 9:30–11:00am** Small group event time
- 11:00–11:30am** Whole group gymnastics game
- 11:30–12:15pm** Small group event time
- 12:15–1:00pm** Lunch & mental toughness training/goal setting
- 1:00–1:45pm** Small group event time
- 1:45–2:15pm** Whole group strength training
- 2:15–2:30pm** Snack
- 2:30–3:00pm** Exercise class (Zumba, Yoga, ect.)
- 3:00–3:30pm** Free time in gym

*\*Each gymnast will practice on all four events every day. During small group event time, gymnasts will be broken into groups by ability level. Drills will be set-up to help gymnasts with skills they are working towards or are working to improve.*

