

# JUNE SUMMER CAMPS

## Tumbling Camp (6/12-6/16) 9:00am-Noon

This camp is designed for boys and girls, *ages 5 and older* looking to improve their tumbling skills.

They will focus solely on tumbling skills and proper development to obtain their goals. From forward rolls to back tucks, cartwheels and handstands, your child will enjoy a week of tumbling, new skills, and FUN!

## Cheerleading Camp (6/12-6/16) 9:00am-Noon

This camp is designed for boys and girls, *ages 4 to 12* looking to improve or learn cheerleading motions, chants, dances, jumps, stunts, and tumbling. We will work on choreographing a routine to show the parents at the end of the week. This camp will be F-U-N!



## Crafts & Cartwheels (6/19-6/23)

9:00am-Noon

This camp is designed for crafty and creative boys and girls, *ages 3-12*. Boys and girls will be divided into age appropriate groups and will work on a themed craft every day. They will also have rotations on the bars, beam, floor, and tumble track along with other activities and games. Crazy, crafty, cart-wheel loving kids will have a blast!



## Beach Week (6/26-6/30) 9:00am-Noon

This camp is designed for children *ages 3 to 12*. We will have beach themed games, activities, and crafts such as a picnic outside, beach volleyball, and musical towels. We will work on basic gymnastics skills as well throughout the day. This camp focusses on enjoying the summer, sun and having FUN!



# JULY SUMMER CAMPS

## **Princess & Superhero Camp (7/10-7/14) 9:00am-Noon**

This camp is designed for boys and girls *ages 3 to 7*. We will have themed games along with a craft for each day of camp. Throughout the day, the children will have time to learn new skills on the bars, beam, floor, vault, and tumble track. This camp will bring out the imagination and fairytale believer in your princess, and superpowers in your superhero. Princess and Superhero Camp is always so much fun!



## **Animal Discovery Week (7/31-8/4)**

### **9:00am-Noon**

This camp is intended for children *ages 3 to 9* and focusses not only on the fun that comes with gymnastics, but also the fun that comes with animals! Join us for Monkey Monday, Tiger Tuesday, Water world Wednesday, Thorobred (horses) Thursday, and Furry Friends (cats, dogs, rabbits, etc.) Friday! There will be themed games and activities as well as a craft!



# August Summer Camps

## Tumbling Camp (8/7-8/11) 9:00am-Noon

This camp is designed for boys and girls, *ages 5 and older* looking to improve their tumbling skills.

They will focus solely on tumbling skills and proper development to obtain their goals. From forward rolls to back tucks, cartwheels and handstands, your child will enjoy a week of tumbling, new skills, and FUN!



## Gymnastics Skills Camp (8/7-8/11)

9:00am-Noon

This camp is designed for boys and girls *ages 7 and above* looking to improve their gymnastics abilities and learn new skills. This will be three hours of bars, beam, tumble track, vault and floor activities to help progress their skills toward their desired level. This camp includes games, crafts, and conditioning to strengthen their muscles to help obtain gymnastics skills.



# Camp Information

- Camp, summer extras, and classes are for *members and non-members*.
- We ask that you **please pre-register** for all camps by the Friday prior to the week of camp you wish to attend. This not only saves your child's space, but also allows for us to plan and prepare the best camp experience for your child. Late registrations can only be accommodated if space allows.
- To register, you can mail in your registration form, enroll via our event calendar, or call the office.

- All outdoor activities are weather permitting.

All of our camps will begin with an exciting game or activity to get everyone warmed up and ready to go! Children will be split up into age appropriate groups with activities designed for that specified age group. The fun will continue with instruction on balance beam, tumble track and/or trampoline, bars, vault and floor. Water fun is also part of each camp (based on the weather). Inflatable pools and a water slide are set up outside and under the supervision of our staff the children have a BLAST! Every day will include time for games, a craft activity, and snack time (provided by you). **Because nuts are such a common source of food allergies, we ask that you do not pack any nuts or nut related foods.**

#### What to wear:

- Leotard with/without shorts
- Shorts & T-shirt
- Flip Flops or easy on & off shoes for going outside
- Long hair should be pulled back and away from the face
- No jewelry (small stud earrings are acceptable), zippers, buttons, or snaps

#### Please have your child bring:

- Water Bottle
- Snack (without nut products)
- Swimming suit & towel, or a change of clothing
- Sunscreen

# SUMMER EXTRAS!

## Summer Fun Day (Monday 7/3 9:00am-Noon)

Fun Days are for boys and girls, *ages 3 and older*. This is three hours of bars, beam, tumble track, crafts, and water fun. Make sure to bring your towel, sunscreen, flip flops, a snack, and a water bottle.

## Check out our tumbling clinics...

### Beginner Tumbling

#### (Wednesday 7/5 9:00am-11:00am)

This clinic is for boys and girls *ages 6 and older* looking to work on beginner tumbling skills such as forward rolls, backward rolls, handstands, cartwheels, bridges, and round offs. No pre-requisite required.

#### **\*Back-Handspring Clinic (Wednesday 7/5 9:00am-11:00am)**

This clinic is for boys and girls *ages 6 and older* that are able to *arch back to a bridge and bridge kick over by themselves*. We will work on the progressions of a back-handspring, along with round offs, and round off back-handsprings as appropriate to each individual's skills.

#### **\*Back Tuck Clinic (Friday 7/7 9:00am-11:00am)**

This clinic is for boys and girls who have a *series of back-handsprings by themselves* looking to work on standing back tucks, round off back tucks, and back-handspring back tucks.

#### **\*Layouts and Beyond Clinic (Friday 7/7 11:30am-1:30pm)**

This clinic is for boys and girls who have a *back-handspring back tuck by themselves*. This clinic will focus on progressions towards layouts and fulls.

\*If you need help determining which clinic is appropriate for your child's skill level, please contact the office to arrange an evaluation. Your child will get the best learning experience and progressions by making sure they are in the proper clinic.

## Summer Sleepover (Saturday 7/8 6:00pm-7/9 9:00am)

Sleepovers are for girls **ages 6 and older**. Boys may register but must be picked up by 10:00pm. We will play games, eat pizza, and have free time in the gym. If your child does not wish to stay the night, they may be picked up by 10:00pm, but you must let us know in advance. If your child does stay the night, they must be picked up by 9:00am the next day. If they need to be picked up earlier than 8:30am, please let us know in advance.

## Open House (8/13 1:00pm-5:00pm)

Invite your friends to come see our facility and meet our friendly and professional staff. Our fall gymnastics, dance, and cheerleading fall schedule will be available. After visiting, if you would like to enroll your child for a free trial class, staff will be able to assist you with registration and answer any questions you may have.

## Free Trial Day (8/14)

|                                       |
|---------------------------------------|
| 5:00-6:00 Tots/Tiny Tots              |
| 6:10-6:55 Toddlers                    |
| 6:10-7:10 Cheernastics                |
| 6:10-8:10 2 Hour Older Girls and Boys |
| 7:20-8:20 1 Hour Older Girls and Boys |
| 7:20-8:20 Tumbling                    |

This is for anyone who is **NOT** a member of WSGD and would like to try a class. We ask that only families who are seriously considering enrollment register for the free trial class. Registration for the free trial day is encouraged prior to the date. The trial day will only be available on a first come first serve basis.

## 2017 Summer Camp Registration Form

Cost for one week of camp is \$90.00 (See below for discounts when the same child attends additional camp). A **\$35.00 non-refundable deposit** for the first camp and a **\$20.00 deposit for additional camps**. The remaining balance for each camp will be due on the first day of camp.

Registration will be a first come basis; spaces are limited, register early to guarantee the weeks you want. You may register online, at the gym, or by mailing this registration form to WSGD. See back for summer extras registration.

### Additional Camp Discounts

|                                |
|--------------------------------|
| 1 <sup>st</sup> Camp - \$90.00 |
| 2 <sup>nd</sup> Camp- \$81.00  |
| 3 <sup>rd</sup> Camp- \$72.00  |
| 4 <sup>th</sup> Camp- \$63.00  |
| 5 <sup>th</sup> Camp- \$54.00  |

Child's Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_

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Child's Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_

Parent's Name \_\_\_\_\_ Telephone No. \_\_\_\_\_ Cell \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

**Please mark which camp(s) you would like to attend:**

|   | Child #1 | Child #2 | Child #3 |
|---|----------|----------|----------|
| Tumbling Camp (6/12-6/16)               | _____    | _____    | _____    |
| Cheerleading Camp (6/12-6/16)           | _____    | _____    | _____    |
| Crafts and Cartwheels (6/19-6/23)       | _____    | _____    | _____    |
| Beach Week (6/26-6/30)                  | _____    | _____    | _____    |
| Princess and Superhero Camp (7/10-7/14) | _____    | _____    | _____    |
| Animal Discovery Camp (7/31-8/4)        | _____    | _____    | _____    |
| Tumbling Camp #2 (8/7-8/11)             | _____    | _____    | _____    |
| Gymnastics Skills Camp (8/7-8/11)       | _____    | _____    | _____    |

## 2017 Summer Extras Registration Form

**Cost for a tumbling clinic is \$30.00 each/\$25 for Members. Cost for the FunDays and sleepovers are \$20.00 for members and \$25.00 for nonmembers. Registration will be a first come basis; spaces are limited, register early to guarantee the summer extras that you want.**

**You may register online, at the gym, or by mailing this registration form to WSGD.**

Child's Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_

Child's Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_

Child's Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_

Parent's Name \_\_\_\_\_ Telephone No. \_\_\_\_\_ Cell \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_



**Please mark which summer extras you would like to attend:**

|                              | Child #1 | Child #2 | Child #3 |
|------------------------------|----------|----------|----------|
| Beginner Tumbling (7/5)      | _____    | _____    | _____    |
| Back-Handspring Clinic (7/5) | _____    | _____    | _____    |
| Back Tuck Clinic (7/7)       | _____    | _____    | _____    |
| Layouts and Beyond (7/7)     | _____    | _____    | _____    |
| Summer Fun Day (7/3)         | _____    | _____    | _____    |
| Summer Sleepover (7/8)       | _____    | _____    | _____    |

**\*If you're interested in attending a dance clinic, please enroll online or in the office.**

Office Use Only:

C: \_\_\_\_\_

I: \_\_\_\_\_

O: \_\_\_\_\_

D: \_\_\_\_\_