

# JGDC GYM SUMMER CAMPS 2009

**Session 1: June 29 – July 2**

**Session 2: July 20 – 23**

## Camp Descriptions

### **(101) "Gymnastics, Cheer, & Dance Combo Camp" (Ages 5 & 14)**

**Mon.-Thurs. 10:30-4:00**

**Offered Session 1 & Session 2**

Students will work floor, beam, bars, vault, & trampoline. Students will be grouped by skill level. In cheer we will work on jumps, learn a cheer, and a dance. In dance we will learn lots of fun new moves and a Hip Hop Dance. Camp time will also include fun and creative activities throughout the week. Parents show off will be Thursday of each session at 3:30.

*Cost \$ 145.00*

### **(102) "Preschool Gymnastics Camp" (Ages 3-5)**

**Mon.-Thurs. 10:00 – 12:30**

**Session 2 only**

Students will work floor, beam, bars, vault, & trampoline.

Parents may watch Thursday at 12:00.

*Cost \$ 80.00*

### **(103) "Back-handspring Camp" Friday July 17<sup>th</sup> and/or July 24<sup>th</sup>**

**10:00 – 12:30**

Tumble camp focuses exclusively on the attainment or perfection of basic through advanced level tumbling.

Here is where you want to be to get that standing or round-off backhandspring. Campers are challenged to improve their strength, flexibility, and athleticism. Students will be divided into 3 age groups. **Pre-requisite:** cart-wheel and round-off.

Parents show off will be 12:00.

*Cost \$ 45.00*

### **(104) "Cheer/Stunts Camp" Friday July 17<sup>th</sup> and/or 24<sup>th</sup> 10:00 – 12:30**

Come learn the proper way to stunt and lead up skills to make the perfect stunt group!

Minimum of 5 students. Parents show off will be 2:30.

*Cost \$ 45.00*

- **Sign up by May 31st and receive a \$5.00 discount**
- **Receive \$10 off each additional camp if you sign up for more than one camp!! If you register for both gym/cheer/dance combination camps you will receive a \$20 discount!!**
- **Bring a new gym/dance friend\* and receive a free months tuition (\$45 value)**  
\*excluding current gym/dance members. One new friend per family.