

# GYMNASTICS CAMP

**BOYS & GIRLS AGES 5-15**

**MONDAY-FRIDAY**

**9:00AM-3:00PM**

**\$350/WEEK**

**CAMPERS BRING A SACK LUNCH,**

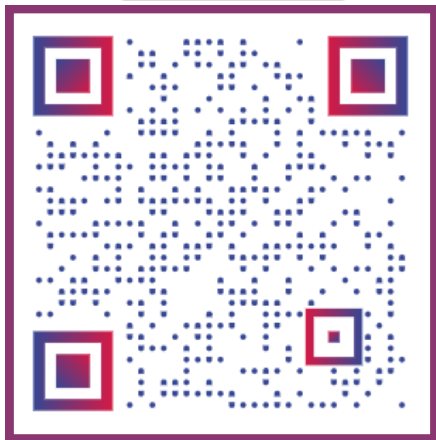
**2-3 EXTRA SNACKS, & WATER**

**WEAR COMFORTABLE CLOTHES**

**SUITABLE FOR GYMNASTICS!**

**BRING AN EXTRA CHANGE OF CLOTHES**

SCAN QR CODE TO LEARN MORE ABOUT OUR  
**EARLY BIRD DEALS!**



## REFUND POLICY

**THERE ARE NO REFUNDS OR ACCOUNT  
CREDIT OF ANY KIND.**

# ABOUT OUR CAMP

OUR CAMP OFFERS DAILY INSTRUCTED GYMNASTICS ON ALL APPARATUSES (FLOOR, BEAM, BARS, AND VAULT), TUMBLE TRACK, FREE PLAY/OPEN GYM, AND FUN WEEKLY THEMED SKILLS! PLUS RECREATIONAL ACTIVITIES SUCH AS CRAFTS, MOVIES, FUN IN THE SUN, & MORE!

DESIGNED FOR ALL LEVELS OF ABILITY  
COACHED BY EXPERIENCED CAMP LEADERS

## WHY CHOOSE GYMNASTICS CAMP?

GYMNASTICS TEACHES FUNDAMENTAL COORDINATION AND TEAMWORK THROUGH COOPERATIVE GAMES AND CHALLENGES. CHILDREN WILL SET AND ACHIEVE GOALS TO BUILD THEIR PERSISTENCE AND SELF-ESTEEM AS TOOLS FOR LIFELONG SUCCESS. THEY WILL COME AWAY FROM CAMP WITH NEW SKILLS, FRIENDS, AND MEMORIES!

# S.A.G.A.

STRAIGHT A'S GYMNASTICS ACADEMY



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# SCHEDULE

## WEEK 1: JUNE 10 - 14

### CARTWHEELS, ROUNDOFFS, & BACK HANDSPRINGS

FINE-TUNE AND UPGRADE YOUR CARTWHEELS, ROUNDOFF, & BACK HANDSPRING SKILLS! FOCUS ON POWER AND BALANCE TO IMPROVE TUMBLING BASICS, BEAM UPGRADES AND SERIES CONNECTIONS, VAULT VARIATIONS, AND FUN CARTWHEEL VARIATIONS TO EXPRESS YOUR INNER TUMBLER!

## WEEK 2: JUNE 17 - 21

### BARS, BARS, BARS

IMPROVE YOUR SWINGS AND COMFORT ON THE UNEVEN BARS! CAMPERS WILL WORK ON THEIR STRENGTH HOLDS, PULLOVERS, CASTS, CIRCLING SKILLS, AND DISMOUNTS, WITH OPPORTUNITIES TO LEARN HOW TO USE THE STRAP BAR AND HIGH BAR. BRINGING A PAIR OF YOUR OWN WRISTBANDS IS RECOMMENDED.

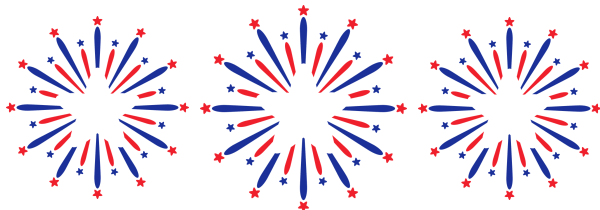
## WEEK 3: JUNE 24 - 28

### POWER DEVELOPMENT & PARKOUR

LEARN TO RUN AND PUNCH WITH POWER! DEVELOP MORE MUSCLE AND STRENGTH WITH FOCUS ON LEGWORK, JUMPING & LANDING TECHNIQUES, AND ACQUIRE NEW SKILLS! BEGINNERS WILL FOCUS ON COORDINATION AND AGILITY, WHILE ADVANCED WILL WORK ON INCREASING RUNNING, PUNCHING, AND VAULTING ABILITIES.

## NO CAMP JULY 1 - 5

HAPPY 4TH OF JULY!



# SCHEDULE CONT.

## WEEK 4: JULY 8 - 12

### BALANCE BEAM KINGS & QUEENS

THIS BEAM FOCUSED WEEK WILL CHALLENGE PARTICIPANTS IN THEIR OVERALL BALANCE AND STABILITY! FROM BASIC WALKS AND KICKS, TIGHTROPE AND BLOCK BALANCES, DANCE JUMPS AND TURNS, AND EVEN UPSIDE DOWN SKILLS, CHILDREN OF ALL AGES WILL REIGN SUPREME ON THE BEAM!

## WEEK 5: JULY 15 - 19

### ROLLS, HANDSPRINGS, FLIPS & AERIALS

PARTICIPANTS WILL ENHANCE THEIR AGILITY & SPATIAL AWARENESS DURING OUR ROLLS, HANDSPRINGS, FLIPS, & AERIALS WEEK. LEARN AND REFINE BEGINNER LEVEL ROLLS, FRONT AND BACK HANDSPRINGS, AND FLIPS WITH NO HANDS – PERFECT FOR BEGINNERS AND ADVANCED GYMNASTS ALIKE!

## WEEK 6: JULY 22 - 26

### DANCE, FLEXIBILITY, & ACROS

WORK HARD ON IMPROVING YOUR FLEXIBILITY AND MOBILITY! GYMNASTS WILL WORK ON THEIR RELEVÉ (TIPPY TOE!), TOEPOINT, TURNS, JUMP, KICKS, LEAPS, ACROBATIC SKILLS, AND MORE! FINE-TUNING THESE FUNDAMENTALS MAKE A GREAT DIFFERENCE IN OVERALL GYMNASTIC PERFORMANCE!

## WEEK 7: JULY 29 - AUG 2

OLYMPIC WEEK!

GET THE ALL-AROUND EXPERIENCE AS WE SYNC WITH THE 2024 SUMMER OLYMPICS! PARTICIPANTS WILL PRACTICE ALL 4 GYMNASTICS APPARATUSES, TRAMPOLINE, AND MORE! PLUS LIVE STREAMING OF THE SUMMER OLYMPIC GAMES TO INSPIRE OUR YOUNG ATHLETES!

# SAMPLE DAILY ITINERARY

9:00AM

CHECK IN & ICEBREAKERS

9:30AM

GROUP WARM UP

9:45AM

THEME FOCUS- CARTWHEELS & ROUNDOFFS

10:15AM

BONUS EVENT - BARS

10:45AM

REST BREAK

11:00AM

GROUP GAME: RELAY RACES

11:15AM

STRENGTH TRAINING

11:45AM

FREE TIME

12:00PM

LUNCH BREAK

12:30PM

CRAFT ACTIVITY - FLIPBOOK

1:00PM

THEME FOCUS - CONNECTIONS

2:00PM

SNACK BREAK

2:15PM

STRETCHING & MOBILITY

2:45PM

FREE TIME & CLEANUP

