

SUMMER GYMNASTICS CAMP 2024**MONDAY - FRIDAY 9:00AM - 3:00PM****AGES 5 - 15****WEEK 1: JUNE 10 - 14 - CARTWHEELS & ROUNDOFFS**

JOIN US TO FINE-TUNE AND UPGRADE YOUR CARTWHEEL, ROUNDOFF, AND BACK HANDSPRING SKILLS! FOCUS ON YOUR POWER AND BALANCE TO IMPROVE YOUR TUMBLING BASICS, ROUNDOFF BACK HANDSPRINGS, 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! STRENGTHENING THEIR SKILLS AND GRIPPING ABILITIES, CAMPERS WILL WORK ON THEIR STRENGTH HOLDS, PULLOVERS, CASTS, CIRCLING SKILLS, AND DISMOUNTS, AND MORE—WITH OPPORTUNITIES TO LEARN HOW TO USE THE STRAP BAR AND HIGH BAR. SWING INTO SUMMER WITH THIS EXCITING WEEK! BRINGING A PAIR OF YOUR OWN WRISTBANDS IS RECOMMENDED.

WEEK 3: JUNE 24 - 28 — POWER DEVELOPMENT & PARKOUR

LEARN TO RUN AND PUNCH WITH POWER!

GREAT TO DEVELOP MORE MUSCLE AND STRENGTH WITH FOCUS ON LEGWORK, JUMPING AND LANDING TECHNIQUES, AND ACQUIRE SOME EXPLOSIVE SKILLS! BEGINNERS WILL FOCUS ON THEIR COORDINATION AND AGILITY, WITH EXPERIENCED CAMPERS WORKING ON INCREASING RUNNING, PUNCHING, AND VAULTING ABILITIES.

NO CAMP JULY 1 - 5

HAPPY 4TH OF JULY!

WEEK 4: JULY 8 - 12 — BALANCE BEAM QUEENS & KINGS

EXPLORE THE DYNAMICS OF YOUR BALANCE AND ABILITIES! THIS BEAM FOCUSED WEEK WILL CHALLENGE PARTICIPANTS IN THEIR OVERALL BALANCE AND STABILITY, UTILIZING MATS AND STATIONS THAT HELP TO ELEVATE THEIR CONFIDENCE. FROM BASIC WALKS AND KICKS, ACTIVITIES LIKE 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 AND SPATIAL AWARENESS DURING OUR ROLLS, HANDSPRINGS, FLIPS, AND 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

THIS IS THE PERFECT OPPORTUNITY TO WORK EXTRA HARD ON IMPROVING YOUR FLEXIBILITY AND MOBILITY! BECOME A WELL-ROUNDED ATHLETE AND EXPLORE TECHNIQUES AND EXERCISES FROM BALLET, CHEER STUNTS, AND MODERN DANCE TO WORK ON THEIR RELEVÉ (TIPPY TOE!), TOEPOINT, TURNS, JUMPS, 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 OLYMPIC GAMES! PARTICIPANTS WILL GET THE OPPORTUNITY TO PRACTICE ALL 4 GYMNASTICS APPARATUSES PLUS TRAMPOLINE AND MORE! QUIET ACTIVITY TIME AND LIVE STREAMING OF THE SUMMER OLYMPIC GAMES TO INSPIRE AND ENTHRALL YOUNGSTERS IN THE WORLD OF ATHLETICS AND AMPLE TIME TO TRY OUT FUN ACTIVITIES IN THE GYM.