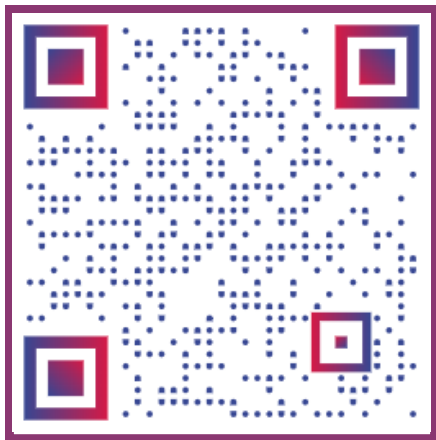


GYMNASTICS CAMP

**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



**15064 Shoemaker Ave
Santa Fe Springs, CA 90670
Phone: 562-229-1927
Email: info@pdgausa.com
Website: pdgausa.com**

SCHEDULE

WEEK 1: JUNE 22 - 26

CARTWHEELS, ROUNDOFFS, & BACK HANDSPRINGS

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

WEEK 2: JUNE 29 - JULY 3

OBSTACLE COURSES & PIT LANDINGS

THIS WEEK WILL CHALLENGE PARTICIPANTS IN THEIR OVERALL AGILITY, BALANCE, & COORDINATION WITH EMPHASIS ON SAFE AND SOFT LANDINGS. WE WILL UTILIZE MATS, STATIONS, & OUR LARGE FOAM PITS TO HELP ELEVATE ATHLETES' CONFIDENCE. GREAT TO DEVELOP MORE MUSCLE, STRENGTH, AND EXPLOSIVE TUMBLING SKILLS!

WEEK 3: JULY 6 - 10

ROLLS & SOMERSAULTS

ALL THINGS ROLLS AND FLIPS! CAMPER WILL LEARN AND PERFECT VARIATIONS OF FORWARD ROLLS, BACKWARD ROLLS, AND EVEN ROLLS IN THE AIR! GREAT FOR BEGINNERS AND EXPERIENCED ATHLETES ALIKE, THIS WEEK WILL FOCUS ON ACROBATIC SHAPES, TECHNIQUES, AND SPATIAL AWARENESS FOR THE FLOOR, TRAMPOLINE, BALANCE BEAM, AND EVEN BARS!



SCHEDULE CONT.

WEEK 4: JULY 13 - 17

CHALK & UNEVEN BARS

WITH A FUN ASSORTMENT OF GAMES AND ACTIVITIES, THIS WEEK WILL FEATURE EVERYONE'S FAVORITE GYM EQUIPMENT...CHALK! THIS WEEK WILL FOCUS ON IMPROVING SWINGS AND COMFORT ON THE UNEVEN BARS. CAMPER WILL STRENGTHEN THEIR GRIP, SHAPES, PULLOVERS, CASTS, CIRCLING SKILLS, DISMOUNTS, & MORE! BRINGING A PAIR OF WRISTBANDS IS RECOMMENDED!

WEEK 5: JULY 20 - 24

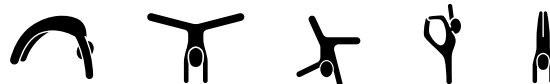
HANDSPRINGS, FLIPS & AERIALS

PARTICIPANTS WILL ENHANCE THEIR AGILITY, TUMBLING, AND SPATIAL AWARENESS DURING OUR HANDSPRINGS, FLIPS, & AERIALS WEEK. LEARN AND REFINE INTERMEDIATE LEVEL TUMBLING WITH "FLIGHT" SKILLS FORWARDS, BACKWARDS, & SIDWAYS! WE WILL ALSO EXPLORE DIFFERENT TUMBLING CONNECTIONS AND SEQUENCES UTILIZING DRILLS, OUR TUMBL TRAK, AND SPRING FLOOR.

WEEK 6: JULY 27 - 31

CHEER STUNTS & TUMBLING

FOCUS ON THE FUNDAMENTALS OF TUMBLING & CHEER STUNTS! CAMPER WILL BE INTRODUCED TO STUNTING, DISMOUNTS, PYRAMIDS & JUMP TECHNIQUE, AND LEARN AN ARRAY OF DANCE SEQUENCES AND CHOREOGRAPHY! TUMBLING WILL INCLUDE A VARIETY OF SKILLS STARTING FROM CARTWHEELS & WALKOVERS AND ADVANCE INTO BACK HANDSPRINGS & BACK TUCKS.



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

