

"WOW" WHAT A SUMMER! CHECK OUT OUR CAMPS!

Mini camps schedule and information.

\$100.00 per session

Session #1 June 22 - June 26 or Session #2 August 17 - 21

General Schedule:

7:45 - 8:00 am Arrival	10:00 - 10:45 am Dance
8:00 - 8:30 am Eye Opener Stretch	10:45 - 11:00 am Prime Play
8:30 - 8:45 am Gymnastics Games	11:15 - 11:30 am Snack Break
8:45 - 9:00 am Snack Break	11:15-12:15 pm Gym Apparatus
9:00 - 10:00 am Gym Apparatus	12:00 - 12:30 pm Departure

Recreational camps schedule and information.

\$200.00 per session

Session #1 June 22 - June 26 or Session #2 August 10 - 14

General Schedule:

7:45 - 8:00 am Arrival	1:15 - 2:00 pm Dance
8:00 - 8:30 am Eye Opener Stretch	2:00 - 2:45 pm More Dance
8:30 - 9:30 am Conditioning	2:45 - 3:15 pm Prime Play
9:30 - 10:00 am Gymnastics Games	3:15 - 3:30 pm Snack Break
10:00 - 10:15 am Snack Break	3:30 - 5:30 pm Gym Apparatus
10:15 - 12:15 pm Gym Apparatus	5:30 - 5:45 pm Departure
12:15 - 1:15 pm Lunch	

Try-out camp for Hot Shot competitive team and Pre-team

June 22 - June 26 - \$250.00 per child

All level 2, ages 5 and above are welcome to try - out.

Schedule is the similar to above.

For additional team information please contact Dynamic Gymnastics 489-JUMP (5867)

High School & Rec Opt. camp schedule and info.

August 17 - 21

\$200.00 per session (add \$50 per individual floor routine must be requested before camp begins choreography.)

*Intensified training to help prepare your girls for the next competition season.
Routine choreography before the season starts*

General Schedule:

7:45 - 8:00 am Arrival	1:15- 2:00 pm Dance
8:00 - 8:30 am Eye Opener Stretch	2:00 - 2:45 pm More Dance
8:30 - 9:30 am Conditioning	2:45 - 3:15 pm Open Gym
9:30 - 10:00 am Strictly Tumbling	3:15 - 3:30 pm Snack Break
10:00 - 10:15 am Snack Break	3:30 - 5:30 pm Gym Apparatus
10:15 - 12:15 pm Gym Apparatus	5:30 - 5:45 pm Departure
12:15 - 1:15 pm Lunch	

Judges Critic Week -

August 24 - 27

\$36.00 per day or \$120. for entire session

Schedule:

Mon Aug. 24th - 9:30 - 1:00	VAULT
Tue Aug 25th - 9:30 - 1:00	BARS
Wed Aug 26th - 9:30 - 1:00	BEAM
Thur Aug 27th - 9:30 - 1:00	FLOOR

Prepare in Advance with

HOT SHOT Competitive team camp schedule and information.

\$300.00 (all competitive gymnasts invited)

August 3 - August 7

Schedule:

7:45 - 8:00 am Arrival	12:30 - 1:00 pm Re-stretch / games
8:00 - 8:30 am Warm-up	1:00 - 4:00 pm Rotations 4 - 6
8:30 - 11:30 am Rotations 1 - 3	4:00 - 5:00 pm Routines
11:30 - 12:30 pm Lunch	5:00 - 5:30 pm Cool Down
5:30 - 5:45 pm Departure	Friday Judges critic

GYMNASTICS CARE & DAY CAMPS

(why day care when your kids could have an exciting summer of PLAY CARE?)

For the same cost as most daycare programs, your child can have a wonderful summer learning gymnastics, having fun and staying in shape.

\$145.00 per 1 week session. Sign up for one or all 10 sessions!

Sessions as follows:

#1 June 22 - 26	#2 June 29 - July 3	#3 July 6 - 10
#4 July 13 - 17	#5 July 20 - July 24	#6 July 27 - July 31
#7 Aug 3 - 7	#8 Aug 10 - 14	#9 Aug 17 - 21
#10 Aug 24 - 28		

Must have 8 students to run each session

10 % Discount offered to anyone pre-paying for the entire summer 10 sessions.

Prorated for Team members wishing to participate

General Schedule:

7:45 - 9:00 am Arrival / AM movie	1:30 - 2:30 pm Arts & Crafts
9:00 - 9:30 am Eye Opener Stretch	2:30 - 3:15 pm Gym Dance
9:30 - 10:00 am Gymnastics Games	3:15 - 3:30 pm Snack Break
10:00 - 10:15 am Snack Break	3:30 - 4:30 pm Outdoor Fun
10:15 - 12:00 pm Gym Apparatus	3:30 - 4:30 pm Gym Apparatus
12:00 - 1:30 pm Lunch / Prime Play	5:30 - 5:45 pm Departure

SUMMER FUN CLINICS

with our up beat and professional staff.

Spend a few hours working on some new skills
or perfection some old ones.

Backhandspring Clinics

Learn to do a Backhandspring and or fine tune your existing skill. (This 2 hour clinic is designed to teach you basics of achieving a backhandspring on the floor. **Great for gymnasts, cheerleaders, and dancers**)

Dates offered Friday July 10th and Friday July 24th Cost: \$15 per person

Leaps and Jumps Clinic

Learn new techniques along with different types of leaps and jumps and or fine tune your existing skills.

(This is a 2-hour clinic **Great for gymnasts, cheerleaders, and dancers**)

Date offered Friday July 17 Cost: \$15 per person

NEW FOR 2009!!

EVENT Clinics (Intensified focus on one specific event at a time.)

One Day Clinics - \$20 per person

Dates offered

June 29: 10:00am - 1:00pm- Vault

June 30: 10:00am - 1:00pm - Bars

July 1: 10:00am - 1:00pm - Beam

July 2: 10:00am - 1:00pm - Floor

3 Day Clinics - \$40 per person

Dates offered Times TBA

Aug. 10 - 12 - Vault

Aug. 12 - 14 - Bars

Aug. 17 - 19 - Beam

Aug. 19 - 21 - Floor