



# Come Join the Fun at Summer Camps 2010

**Skippers:** This is a 2 ½ hour camp for 5 year-old gymnasts with little or no gymnastics experience. They will learn fundamental skills on vault, floor, balance beam, uneven bars, trampoline, and mini trampoline.

- ❖ Floor Skills: forward roll – work toward finish, backward roll on incline, straddle roll on incline, side cartwheel, handstand, etc.
- ❖ Bars Skills: front support, forward roll on bars, 2 casts, pullover with spot, etc.
- ❖ Balance Beam Skills: forward walk, tip toe forward, sideways walk, forward roll on pad, etc.
- ❖ Vault Skills: running form, punch, stick landing, etc.
- ❖ Trampoline Skills: variety of jumps
- ❖ Mini Trampoline Skills: variety of jumps, dive roll, etc.

**Cost: \$135.00**

**Dates: June 21<sup>st</sup> – 24<sup>th</sup>  
July 26<sup>th</sup> - 29<sup>th</sup>**

**9:30 – 12:00**

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**Leapers:** This is a 2½ -hour camp for gymnasts who are currently enrolled at this level. They will work on vault, floor, balance beam, uneven bars, trampoline and mini trampoline with more emphasis on form.

- ❖ Floor Skills: forward roll with finish, backward roll on incline, straddle forward roll, forward cartwheel, lunge handstand, bridge, etc.
- ❖ Bars Skills: pullover, forward roll on bars, casting, etc.
- ❖ Balance Beam Skills: backward toe touch, forward in relevé, backward in relevé, horizontal kick, forward roll, etc.
- ❖ Vault: running form, punch, squat-on, straight jump on mat, stick landing, etc.

**Cost: \$135.00**

**Dates: June 28<sup>th</sup> – July 1<sup>st</sup>  
August 23<sup>rd</sup> – 26<sup>th</sup>**

**9:30 – 12:00**

**9:30 – 12:00**

**Super Stars:** This is a 3-hour camp for gymnasts who are currently enrolled at this level. The difficulty of skills increases with each level, ranging from running cartwheels to back walkovers.

- ❖ Floor skills: forward roll with tuck finish, backward roll, kick to handstand, running cartwheel, bridge kick-over, etc
- ❖ Bars Skills: front support, cast push away, pullover, back-hip circle
- ❖ Beam Skills: horizontal kick, forward roll, tuck sit, v-sit, pivot turn, etc
- ❖ Vault: running form, punch, straight jump on block, dive roll, etc.

**Cost: \$165.00**

**Dates: July 12<sup>th</sup> – 15<sup>th</sup>  
August 9<sup>th</sup> – 12<sup>th</sup>**

**9:00 – 12:00**

**12:30 – 3:30**

## Progressive Girls Camps – 6 yrs and up

**Beginner I & II:** This is a 2 ½ hour camp for gymnasts with little or no experience. They will learn fundamental skills on vault, floor, balance beam, uneven bars, trampoline, and mini trampoline.

- ❖ Floor Skills: forward & backward rolls, straddle roll, handstand, cartwheel, bridge, etc.
- ❖ Bars Skills: front support, casting, pullovers, etc.
- ❖ Beam Skills: forward & backward walking, kicks, forward roll, etc.
- ❖ Vault Skills: running form, jump with 2 feet, straight jump, squat-on, etc.
- ❖ Trampoline: variety of jumps
- ❖ Mini Trampoline: variety of jumps, dive roll, etc.

**Cost: \$135.00**

**Dates: June 21<sup>st</sup> – 24<sup>th</sup>  
August 2<sup>nd</sup> – 5<sup>th</sup>**

**1:00 – 3:30**

**1:00 – 3:30**



