

YGYMNASTICS™

We build strong kids, strong families, strong communities.

Kick Off to Summer Pre School Gymnastics Mini Camp

All students must be potty trained (Ages 3 ½ -6yrs.)

The goal of our mini camp is to acquaint boys and girls pre school - Kindergarten age with the discipline and creative possibilities of gymnastics. We believe in both a fun and educational environment.

Students will be using our specialized, preschool-scale equipment including balance beam, bars, vault, mini trampoline, tumble trak, rings, tumbling and much more. Developing basic skills, coordination, flexibility, safety knowledge, and listening skills are emphasized. Each day we will begin with a group warm up and stretch, students will then be grouped so they can rotate through our pre school gymnastics circuits.

There will be a short snack break as well as a resting activity each day to break up the "physical" portions of the camp. Students will also be participating in group games/activities to emphasize team work and cooperation as well as stations set up to work specifically on body awareness and coordination.

Students should bring a "healthy" snack each day and wear appropriate attire.

What should my child wear to Gymnastics mini camp?

Do's

Bare feet
Long hair pulled back
Leotards(no skirt attached)
Leggings or sweats
Shorts & t-shirts

Dont's

No jewelry
No jeans
No dresses or skirts
No oversized clothing

Kick off to Summer Gymnastics Mini Camps are available for 2 weeks and there are morning and afternoon sessions available. If you are interested please register early as there is limited space.

June 21st -25th 9:00am – 11:45am or 12:30pm-3:15pm

June 28th – July 2nd 9:00am – 11:45am or 12:30pm-3:15pm

\$150 Member / \$225 Non Member

Any questions please contact:

Ellen Gavin - Gymnastics Director
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OR

Kim Buccheri -Preschool Gymnastics Coordinator
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REGISTRATION BEGINS 3/25 FOR MEMBERS - 4/5 FOR NON MEMBERS

