

2017

Gymnastics

Summer Camps



With Nicola Marynowski!

Nicola is an NCCP level 3 gymnastics coach. She is also certified in PCCP (preschool gymnastics), Special Olympics, Level 1 trampoline, Standard First Aid, & CPR C. She has 20+ years of coaching experience and has run camps for many summers in Delta, Rossland, & Trail.

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Program Information

Preschool Gymnastics Camp

These circuit based **co-ed** camps are aimed at the young gymnast aged **3-5** years to introduce them to the fundamentals of gymnastics including vault, bars, beam, floor and tumble track (long tumbling trampoline). Focus is on promoting physical literacy through fun activities!

Cost: \$60/5 day week, \$48/4 day week

Recreational Gymnastics Camp

These **co-ed** camps are focused on school age children **6-12** years (must have completed kindergarten) and introduce them to the fundamental movement patterns of gymnastics alongside learning new skills on vault, bars, beam, floor and tumble track. Focus is on skill development through progressions, promoting physical literacy by developing athletic abilities (agility, balance, coordination and speed) and of course, having fun with lots of games and team work!

Cost: \$135/5 day week, \$108/4 day week

Competitive/Advanced Rec

These camps are aimed at the experienced **female** gymnast **6 years and up** who wants to learn new skills and polish up old ones. Previous gymnastics experience is a must and focus will be on skill development for the upcoming season. Advanced rec upon approval by coach.

Cost: \$150/5 day week, \$120/4 day week

Conditioning Camp for JO/Interclub/High School Competitive

This camp is designed to get you into shape through a week of conditioning alongside working on fun, new skills to get you prepared for the upcoming season.

Cost: \$150, 9:00am-1:00pm.

When

Week 1: July 10-14 9:00am-9:45am **Preschool Gymnastics**

10:00am-1:00pm **Recreational Gym**

Week 2: July 17-21 9:00am-1:00pm **Competitive/Advanced Rec**

10:00am-1:00pm **Recreational Gym**

Week 3: July 24-28 9:00am-9:45am **Preschool Gymnastics**

10:00am-1:00pm **Recreational Gym**

Week 4: J 31-Aug 3 9:00am-1:00pm **Competitive/Advanced Rec**

4 day week 10:00am-1:00pm **Recreational Gym**

Week 5: Aug. 8-11 9:00am-9:45am **Preschool Gymnastics**

4 day week 10:00am-1:00pm **Recreational Gym**

Week 6: Aug. 14-18 9:00am-1:00pm **Conditioning—TEAMS ONLY**

Quick Reference

Preschool: Weeks 1, 3, & 5, 9:00-9:45 (week 5 is T-F)

Recreational: Weeks 1-5 10:00-1:00 (week 4 is M-TH, week 5 is T-F)

Competitive/Advanced Rec: Weeks 2, 4, 9:00-1:00 (week 4 is M-TH)

Conditioning Camp: Week 6, 9:00-1:00 Interclub, JO, HS

****bring a snack/lunch and water bottle for 3+ hr classes****

Registration opens May 15th.

Drop In Classes

6-12 yrs: Tues: July 11, 18, 25, Aug 1, 8, 15 **1:15-2:15pm**

0-5 yrs: Wed: July 12, 19, 26, Aug 2, 9, 16 **1:15-2:15pm**

(Parents must accompany children)

Cost: \$7 per participant, \$12 for family of 2, \$15 for family of 3 or more. GBC registration must be paid.(\$10 for the summer per child).

How to Register

Go to our website, trailgymnastics.ca and fill in a registration form. Select the camp you are registering for in the class selection area. If you enroll into a class that you are not eligible for, (invite only comp class) your registration will be put on hold.

There is a \$10 GBC insurance fee that **MUST** be paid if not already registered for the 2016-2017 season.

There is a \$5 sibling discount for additional children.

Min/Max numbers apply; programs may be cancelled if minimum numbers are not met. Dates are subject to change.

Refunds will only be issued upon receipt of a Doctor's note.

Payments are accepted by cheque, cash or credit card by phone or online. Cheques are payable to "Trail Gymnastics Society".