

SUMMER 2019 1/2 and Full Days **10 WEEKS AVAILABLE!**

Looking for an exciting week-long camp for your child over the summer months? Kingswood Gymnastics is offering ten weeks of recreational artistic gymnastics and trampoline summer camps for children ages 5 years and older. It's a great way for your child to stay active and healthy for the summer and to make new friends!



ARTISTIC GYMNASTICS CAMP

Our ARTISTIC gymnastics camps run half and full day throughout the summer, with instruction on all artistic apparatus (men's and women's), as well as our in-ground trampolines and double-mini trampoline. Participants will be challenged with age and skill-ability appropriate drills and circuits.

Mix-and-match with our 1/2 day trampoline camps to make every day full of exciting skill development!

TRAMPOLINE CAMP

Our TRAMPOLINE gymnastics camps run half day throughout the summer, from 8:00am until 12:00pm, with instruction on our in-ground trampolines, Tumbl Trak, double mini trampoline, and mini trampoline.

Camp participants will learn trampoline skills that are appropriate to their skill and ability level. The ability to master non-inverted skills is a prerequisite for performing inverted skills (i.e. "flips") - all participants will be evaluated by our coaches before given permission to perform these more advanced skills.

Extend the day by combining with one of our awesome artistic gymnastics summer camps for a full day of gymnastics and trampoline learning and fun!



Special attention will be placed on learning and practicing trampoline safety

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Half and full days for our Artistic Gymnastics camp and half days for our Trampoline camps are available on the following weeks:

JUNE 24 - 28

* **JULY 2 - 5**

JULY 8 - 12

JULY 15 - 19

JULY 22 - 26

JULY 29 - AUGUST 2

* **AUGUST 6 - 9**

AUGUST 12 - 16

AUGUST 19 - 23

AUGUST 26 - 30

\$179.99

***\$149.99**

\$44.99

\$89.99

***\$72.99**

\$19.99

full day

full day

full day

1/2 day

1/2 day

1/2 day

5-day week

4-day week

daily

5-day week

4-day week

daily

Please note that a \$20.00 yearly Registration & Insurance fee may be applicable.



Q: Does the price of the camp include lunch and/or snacks?

A: All participants are required to bring their own snacks (and lunch, if applicable) daily. We recommend that all participants come with healthy food and snacks to help keep them energized throughout the morning.

Q: What should my child wear?

A: Participants should arrive in appropriate athletic wear, allowing them to move freely yet safely. While not required, bodysuits are recommended for girls and shorts & t-shirt for boys. Socks or trampoline shoes / slippers for use on trampoline are recommended.

Q: What time may I drop-off and pick-up my child from the camp?

A: Drop-off time is 8:00am – 8:30am and Pick-up time is 12:00pm – 12:30pm (1/2 day) and 4:30 – 5:00pm (full day). Supervision between these times is included in the cost of the camp. Extended morning or afternoon drop-off times are available for an additional fee.

To register or for more information, call or email:
444-9502 gymnastics@kingswoodpark.ca

KINGSWOODPARK.CA