

# IK Gymnastics'

## Summer Camp 2016!

(Co-ed 5+ yrs)

Escape the Summer Heat with IK Fun You Cannot Beat!



Camp Options	Prices
<b>Morning Camp</b> (Counts as 1 Session of Camp) 9am – 12pm	\$70
<b>Afternoon Camp</b> (Counts as 1 Session of Camp) 1pm – 4pm	\$70
<b>Supervised Stay</b> 12pm – 1pm	\$10
<b>Full Day</b> (Counts as 2 Sessions of Camp) 9am-4pm	\$142 (with Supervised Stay)

**Camps are non-refundable and non-transferrable**



## What We Do at Camp!

At IK Gymnastics' Summer Camp, our #1 goal is to keep your kids active and excited the entire day! Kids will experience both structured practice of skills on each event, as well as a mixture of fun, games, and obstacles!

Every day will be different and consist of new activities and lesson plans for all ages!

Here are some of the activities your children will participate in:

- Obstacle courses
- Games and contests
- Skills on all major events for both boys and girls
  - Trampoline time and fun in the foam pit
  - Stretching and Strength Training
- Relay races incorporating gymnastics skills the kids worked on that day
- Supervised times where gymnasts can explore gym apparatuses they are curious about



