

MARCH BREAK @ AEREO GYMNASTICS

RECREATIONAL LEVEL CAMP

Monday March 13th – Friday March 17th

Half Day 9:00am – 1:00pm

\$200.00

Full Day 9:00am – 4:00pm

\$250.00

All attending campers must also be registered with Gymnastics Ontario = \$35.00

AGES

5 – 12 years

Gymnasts are recommended to have some previous gymnastics experience at the basic recreational level, but beginners are welcome to join as well.

During the morning session (9am-1pm) each day gymnasts will go through a warm up and strength training session followed by 5 event rotations. Gymnasts will spend time on Vault, Bars, Beam, Floor and Trampoline where they will be working toward a set list of skills over the 5 day course. Gymnasts currently enrolled in the Winter classes are encouraged to inquire with their coach on any skills they should be focusing on during the March Break Camp training to aid in the CANGYM progress.

The afternoon of camp (1pm-4pm) will consist of lunch, arts and crafts and a movie. Gymnasts should have appropriate comfortable and warm clothes for the afternoon session. Please pack a lunch that your child can eat independently. Also keep in mind we are a nut free facility.

Sibling Discount of 10%

REGISTRATION BEGINS FEBRUARY 1st

Registration requires a 50% non refundable deposit.