



## **RECREATIONAL LEVEL WINTER CAMP**

**Tuesday January 3<sup>rd</sup> – Friday January 6<sup>th</sup>**

**9:00am – 4:00pm**

***Ages 5-8 years old***

**(\$230.00)**

***Gymnasts must also be registered with Gymnastics Ontario for the season  
(\$35.00)***

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 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 4 day course.

During the afternoon segment of Camp gymnasts will be given a lunch break, watch a movie and do arts and crafts.

**REGISTRATION BEGINS DECEMBER 1<sup>st</sup> !**

Registration for camp requires a 50% non-refundable deposit.

Registration must be done in person at the gym.

For questions or further information please email the gym

[aereogymnastics@gmail.com](mailto:aereogymnastics@gmail.com)