



# Summer Gymnastics 2017

Camp & Classes Run July 3<sup>rd</sup> – September 1<sup>st</sup>



Full Week	Monday-Friday 8am-5pm	\$160 + G.O. Fee
1/2 Week	Select any 3 Days 8am-5pm	\$110 + G.O. Fee
G.O. (Gymnastics Ontario Membership Fee) = \$30		

Dates	Age	Theme!
July 3 <sup>rd</sup> -7 <sup>th</sup>	4+yrs	Oh Canada
July 10 <sup>th</sup> -14 <sup>th</sup>	4+yrs	Disney
July 17 <sup>th</sup> -21 <sup>st</sup>	4+yrs	Adventure
July 24 <sup>th</sup> -28 <sup>th</sup>	4+yrs	Beach
Aug 7 <sup>th</sup> -11 <sup>th</sup>	4+yrs	Game Show
Aug 14 <sup>th</sup> -18 <sup>th</sup>	4+yrs	Olympic
Aug 21 <sup>st</sup> -25 <sup>th</sup>	4+yrs	Under the Sea
Aug 28 <sup>th</sup> -Sept 1 <sup>st</sup>	4+yrs	Jungle
<b>Activities, games and special dress up days will match themes!</b>		

**Register for 1 Week of Camp and get 10% off your  
Summer Classes**

Day	Time	Class	Age	Space	Cost
Tuesday	5:00pm-6:00pm	Kindergym	3-5yrs	21	\$160+G.O.
	6:00pm-7:30pm	Recreational	6-9yrs	24	\$200+G.O.
Wednesday	5:00pm-7:00pm	Developmental	10+yrs	10	\$222+G.O.
	5:00pm-7:00pm	Advanced Dev	10+yrs	10	\$222+G.O.
	5:00pm-7:00pm	Advanced Kinder	4-6yrs	10	\$222+G.O.
Thursday	5:00pm-7:00pm	Advanced Rec	6-9yrs	10	\$222+G.O.
	5:00pm-6:00pm	Kindergym	3-5yrs	21	\$160+G.O.
	6:00pm-7:30pm	Recreational	6-9yrs	24	\$200+G.O.

\* Additional costs include \$30 Gymnastics Ontario Membership and \$10 Recreational Fundraising Fee\*

\*Family Discounts are available for siblings or multiple class registration. \*Ongoing registration is accepted, and fees adjusted accordingly

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**All Kindergym, Recreational and Developmental Coaches are NCCP Level 1**

**Certified with Gymnastics Ontario**

# SUMMER 2017

**10% OFF Summer Class when you register for 1 week of Camp!**

## Registration

To register for Summer Camp please fill out a 2017-2018 Gymnastics Ontario Registration form. All gymnasts must be re-registered for the new season beginning July 1<sup>st</sup>, 2017. Summer Camp registration requires a **\$50 NON-REFUNDABLE deposit**. Aereo requires a minimum of 6 campers to be registered to run that week of camp. Deposits will not be refunded, but can be applied to another week/class at Aereo. Summer Class registration requires a **50% NON-REFUNDABLE deposit**. Aereo offers a 10% discount for siblings or when you register for multiple weeks of Summer Camp.

## Drop-off & Pick-up

Our Camp Drop Off and Pick Up times are set to best accommodate working parents. Our daily Camp schedule will remain the same from 9am-4pm, however campers can be dropped off anytime between 8am-9am and picked up anytime between 4pm-5pm. Coaches will be supervising quiet time activities during Drop Off and Pick Up hours.

## Dress Code / Snacks

Optimal wear for Summer Camp is a gymnastics body suit / conservative swim suit. Ultimately we want our campers to be comfortable while still being safe to spot. Boys should be dressed in shorts and a short sleeved shirt. Please ensure if your child has long hair it is tied back.

During Camp your child will need a water bottle, 2 snacks and a lunch. We encourage healthy options to ensure a "cranky free" day at camp 😊

**AEREO IS A NUT FREE CLUB**

## A Day @ Gymnastics Camp

8:50am-9:10am	Greet Coaches at Craft Tables
9:10am-9:40am	Full Body Warm Up
9:40am-10:00am	Event #1 Skill Circuit
10:00am-10:20am	Event #2 Skill Circuit
10:20am-10:35am	Snack Break #1
10:40am-11:00am	Running Games
11:00am-11:20am	Event #3 Skill Circuit
11:20am-11:40am	Event #4 Skill Circuit
11:40am-12:00pm	Flexibility Cool Down
12:00pm-12:20pm	Lunch Time
12:20pm-1:00pm	Arts & Crafts
1:00pm-1:30pm	Strength Conditioning
1:30pm-3:00pm	Movie & Snack #2
3:00pm-3:30pm	Supervised Free Time
3:30pm-4:00pm	Flexibility Cool Down & Pick up

Parents are also invited to come Friday's at 4:00pm when the campers will put on a performance and coaches will award a **Camper of the Week**

## Known Medical Conditions

Parents please take note that our Gymnastics Ontario form has a new line asking for you to report any known medical conditions your child has. Our staff truly appreciates being educated on these conditions to ensure we are best prepared to coach and keep your child safe and happy while at gymnastics. Thank you in advance for your cooperation.

## Fall 2017 Registration

We will begin taking registration for Fall Classes **Tuesday August 1<sup>st</sup>**. The Fall Class Schedule will be available on the website July 17<sup>th</sup>.