

LEGACY GYMNASTICS ACADEMY SUMMER CAMPS 2010



GYMNASTICS CAMP

Our gymnastics camp, open to girls and boys ages 4 and up, is a structured and progressive program designed to provide introductory and continuing gymnastics instruction to children in the community as well as students within the Legacy Gymnastics program. The camp is geared toward students with little or no gymnastics experience up through students at the junior team or pre-competitive level. Gymnastics progressions will center upon USA Gymnastics levels 1-4. All camp activities are designed to develop strength, flexibility, and coordination as well as to learn and improve upon basic gymnastic skills.

All students will have the opportunity to train daily in each of the gymnastics events, including vault, tumble track, uneven bars, balance beam, tumbling, and gymnastics dance. Students will also participate in gymnastics-related games and contests and well as other creative activities.

CHEER/TUMBLE/TRAMPOLINE CAMP

Our cheer/tumble camp, open to girls and boys ages 4 and up, is designed to provide introductory and continuing tumbling, trampoline, and cheer instruction to students interested in cheer tumbling as well as those students already involved in competitive and non-competitive cheer programs. Tumbling progression will center upon established USA Gymnastics Trampoline and Tumbling levels as well as USASF level requirements. (BOYS have the option to spend more time on tumbling/trampoline, or may participate in cheer activities if interested).

All students will rotate daily through stations focusing on basic gymnastics tumbling, cartwheels, round-offs, back handsprings, and more advanced tumbling elements. Students will also train on our 30 ft. tumble trampoline, and work on motions, jumps, balance, and strength and flexibility exercises. Students will also participate in other games and contests.

SUMMER CAMP SCHEDULE

Session 1	Gymnastics	June 14 - June 18, 9:00 AM - 2:00 PM
Session 2	Cheer / Tumble	June 21 - June 25, 9:00 AM - 2:00 PM
Session 3	Gymnastics	June 28 - July 2, 9:00 AM - 2:00 PM

Closed for July 4th week

Session 4	Cheer / Tumble	July 12 - July 16, 9:00 AM - 2:00 PM
Session 5	Gymnastics	July 19 - July 23, 9:00 AM - 2:00 PM
Session 6	Cheer / Tumble	July 26 - July 30, 9:00 AM - 2:00 PM
Session 7	Gymnastics	Aug. 2 - Aug. 6, 9:00 AM - 2:00 PM
Session 8	Cheer / Tumble	Aug. 9 - Aug. 13, 9:00 AM - 2:00 PM

TUITION

Full 5-day Camp	\$140 members / \$160 non-members (includes cost of camp t-shirt)
4-day Camp	\$112 members/\$128 non-members
1-3 day Camp	\$28 members/\$32 non-members per day (t-shirt can be purchased at an additional \$15)

- 10% discount for additional family members
- 10% discount for additional camp sessions (must participate in one full camp session to receive 2nd camp discount)

ADDITIONAL INFORMATION

Students are instructed to wear a leotard or t-shirt tucked into cotton shorts. Please bring a sack lunch Monday – Thursday and an additional snack. Pizza will be provided for lunch on Friday. Registration forms are available in the front office!

TO REGISTER: Please register in the front office or call 281-482-9300 or email legacy.gym@hotmail.com to reserve your place in the camp; All fees due at the time of registration to hold the student's place in camp; Please register by the Friday before camp!