



Camp Descriptions

LITTLE BIT OF EVERYTHING 6-12yrs

Kids will do a variety of activities during the week including gymnastics, karate, rock wall climbing, trampoline and more!

BOYS BEING BOYS 5.5-10yrs

There are different themes each day like pirates, sports & superheroes. Each day will also include outside activities, gym games and group fun.

CHEER & TUMBLE 5.5-12yrs

Kids will learn lots of fun cheers & dances. They will work on leaps, turns, jumps, splits, tumbling and use the trampoline. On Friday we will record their final performance for parents.

GIRLS BEING GIRLS 5-12yrs

Girls will play games, make crafts & just be girly! Crafts, nail painting, hair styling, games, trampoline, circuits and more!

KIDS BEING KIDS 5-12yrs

Kids do activities like building forts, obstacle courses, scavenger hunts, and trampoline. They also play games, do relay races, crafts, and use the gym equipment.

OLYMPICS 5-12yrs

Campers will carry the torch as they get a taste of a variety of Olympic events including gymnastics, soccer, track & field, volleyball; plus fun games and Olympic themed crafts.

GYMNASTICS 5.5-14yrs

Campers will work on vault, bars, beams, floor & trampoline, as well as play group games. Campers will be divided into groups based on age & ability each day after warm-up.

GYMFIT 5.5-12yrs

Kids will do circuits, obstacle courses & fitness challenges. They use the rings, ropes, rock wall, inflatable trampoline, bars & more! *Campers need tennis shoes.*

CRAFTS & PLAY 5-12yrs

This camp lets kids be creative! Projects include: tie-dye, jewelry making, painting, drawing, 3D creations & much more! Kids will do individual and group activities, as well as play gym games and use the trampoline.

HOLLYWOOD 5-12yrs

Kids will have a blast creating music videos, commercials, skits, playing charades, making a star for the walk of fame and just being a superstar! On Friday we will send parents a link to view some of the videos the kids create.

TUMBLING 6-14yrs

All levels! Cartwheels to back tucks! Campers will work on flexibility, tumbling lines, circuits, trampoline, strength & more! Everything necessary to improve tumbling skills!

BATON TWIRLING 5-12yrs

Twirl-M's instructors teach basics of twirling, baton body-work, marching and more! Batons are available to borrow or purchase. Wear clean tennis shoes & comfy clothes.

NANO NINJA 5-7yrs / **NINJA WARRIOR** 7-15yrs

Our ninja camps will be age and skill appropriate and combine the challenges of ninja warrior training with the fun and excitement of organized play. Elements include the warped walls, salmon ladder, rings, ropes, balancing elements, quad steps, and many more! *Tennis shoes required.*

TRADITIONAL KARATE 5-12yrs

Learn traditional kata, sparring, and self-defense. Students who attend the full week of camp are eligible for their next belt (up to purple belt). New students will earn their 1st belt at the end of the week!

KARATE WEAPONS 6-14yrs

Students will learn weapons basics, safety, and an entire weapon kata. Weapon progression: bo, nunchucks, sai.

ALL DANCE 5.5-12yrs

Why choose one style when you can do them all?! Campers will spend each day exploring CORE dance styles: Jazz, Tap, Lyrical, Ballet and Hip Hop.

HIP HOP 5.5-12yrs

During this high energy camp we will create dance circuits, do cardio drumming, make up hip hop dances and much more! *(Please wear clean white sole tennis shoes.)*

POM & SPIRIT 5.5-12yrs

Campers will learn pom pon routines and spirit chants. We will record them on the final day for parents to keep. Perfect for cheerleaders and dancers who are interested in poms.

ALLSTARS GOT TALENT 5.5-12yrs

Campers will be the stars! We will create music videos, do crafts and create individual acts that will culminate in our "Allstars Got Talent" Show.

Preschool Camps *(Must be fully potty trained!)*

SHIMMY & SHINE 3.5-5.5yrs

This is a high energy camp where campers will focus on Jazz and Hip Hop, paired with circuits, games, and crafts from the TV show!

DANCING PRINCESS 3.5-5.5yrs

Come dressed in your princess dress ready to dance! We will learn Disney princess themed dances each day paired with fun arts & crafts!

HOPPERS GYMNASTICS 3.5-5.5yrs

Boys and girls will use the bars, beams, floor, spring boards & trampoline. Crafts, games and other fun activities will be included to keep them having fun.

PRINCESS & PLAY 3.5-5.5yrs

Princesses will learn dances, play games in the gym, do arts & crafts, and enjoy a princess party on the last day.

LITTLE BIT OF EVERYTHING JR. 4-6yrs

Kids will do a variety of activities during the week like gymnastics, karate, climbing the rock wall, trampoline & more!

NICK JR. 4-6yrs

Kids will spend the week experiencing adventures like their favorite TV characters playing gym games, outdoor fun, crafts, circuits & treasure hunts.