American Allstars Gymnastics Academy

AGES 6-12

LITTLE BIT OF EVERYTHING CAMP

Each day campers will do a few different activities like GYMNASTICS, KARATE, HIP HOP, TRAMPOLINE, ROCKWALL, RINGS, GYM GAMES, CRAFTS & more!

Parents are asked to come in the last 15 minutes of camp on Friday to watch the campers perform.

Morning camp is 9:00-12:00 and campers can be signed in starting at 8:45am.

Afternoon camp is 1:00-4:00 and campers can be signed in starting at 12:45pm and MUST be signed out no later than 4:00pm.

It is normal for hands to get blisters from swinging on the bars and rings.

Campers should prepare for their muscles to be a little sore from the daily gym activities.

For everyone's safety, campers must follow the instructions of the coaches to remain in camp.

EXAMPLE AGENDAS

- Warm-Up Game
- Stretching
- Gymnastics
- Break Time
- Gym Game
- Karate
- Cool Down

- Warm-Up Game
- Stretching
- Hip Hop Dancing
- Break Time
- Gym Game
- Gym 2: Rock Wall, Rings, Obstacle Courses
- Cool Down

The schedule will vary each day and activities are subject to change.

CHECK LIST

- Leotard w/ shorts or athletic clothing
- Barefeet in the gym, but should bring tennis shoes
- Hair must be pulled up & out of face
- Water bottle w/ name
- Snack

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