

2010 Gymnastics Camps



June 21-23, 2010 – Monday through Wednesday–
10am to noon–\$70.00

- ✚ Ages 5-6 , . This camp will focus on recreational gymnastics and FUN-damental skills on bars,floor,vault,beam. Perfect for the first time gymnasts!



June 21-23,2010–Monday through Wednesday–1:00 to 3:30PM–
\$85.00

- ✚ Ages 7-8, A recreational camp for older students. This camp will include conditioning along with focusing on core gymnastic skills on all 4 events. All in a fun learning environment!

July 14-16,2010 –Monday through Wednesday–4-7pm– \$100.00

- ✚ Ages 9-12; This 3 hour/3 day camp will include conditioning and teaching beginner to intermediate gymnastics skills. All 4 events will be introduced. A 15 minute water/healthy snack break will be included within this time.

August 2-4,2010–Monday through Wednesday 4-
7pm–\$125.00

- ✚ PRE-team.....This camp is especially designed for those with prior gymnastics training. This camps goal is



to introduce the core elements necessary for level 2-3 competition gymnastics. It will include conditioning/flexibility and training in all 4 women's competition events. Students who participate will be given a basic skill evaluation and written report as to their team readiness for the 2010-2011 competition season. A 15 minute healthy snack/water break is included in this time.

ALL CLASSES HAVE A MINIMUM AND MAXIMUM REQUIREMENT.

PAYMENT IS DUE IN FULL PRIOR TO BEGINNING THE FIRST CLASS.

NO REFUNDS OR PRO-RATING WILL BE GIVEN WITHOUT MEDICAL PROOF.

Registration is June 8 and June 10 at the studio 4-6 pm! Forms may be printed from the web www.superiordance.net. You may also mail in any registration and payment...101 Front street, Hancock, MI 49930.....