

# NHA Summer Camp 2015

**GIRLS GYMNASTICS CAMP:** 6 yrs. – 13 yrs.

Only 10 spots available each week.

Monday – Friday, 8:30am-1:00pm, \$170 per week

**PRESCHOOL CAMP:** 3 yrs. – 5 yrs.

Only 6 spots available each week.

Tuesday and Thursday, 9:00am – 11:30am, \$60 per week

**TRAMPOLINE/STRENGTH/SWIM CAMP:**

Only 8 spots available each week.

Monday and Wednesday, 1:00pm - 3:30pm, \$60 per week

## **GIRLS GYMNASTICS CAMP SCHEDULE:**

*Monday - Friday*

8:30 – 9:00 stretch, yoga, warm up

9:00-10:00 gymnastics class

10:00-10:15 snack

10:15-10:40 trampoline

10:40-11:00 event (bars, beam, floor, vault)

11:00-11:45 swim

11:45-12:15 lunch

12:15-1:00 dance

## **PRESCHOOL CAMP:**

*Tuesday and Thursday*

9:00 – 10:00 gymnastics class

10:00-10:15 snack

10:15-10:45 outside games

10:45-11:15 swim

11:15-11:30 trampoline

## **Trampoline / Strength / Swim Camp**

*Monday and Wednesday*

1:00-2:00 trampoline

2:00-2:45 swim

2:45-3:30 strength

Students Name: \_\_\_\_\_

NHA Registration Form require with camp registration

CIRCLE DATE:

CIRCLE CAMP:

Week 1: June 22 <sup>nd</sup> – June 26 <sup>th</sup>	GIRLS GYMNASTIC CAMP PRESCHOOL CAMP TRAMPOLINE CAMP
Week 2: 29 <sup>th</sup> – July 3 <sup>rd</sup>	GIRLS GYMNASTIC CAMP PRESCHOOL CAMP TRAMPOLINE CAMP
Week 3: July 6 <sup>th</sup> – July 10 <sup>th</sup>	GIRLS GYMNASTIC CAMP PRESCHOOL CAMP TRAMPOLINE CAMP
Week 4: July 13 <sup>th</sup> – July 17 <sup>th</sup>	GIRLS GYMNASTIC CAMP PRESCHOOL CAMP TRAMPOLINE CAMP
Week 5: July 20 <sup>th</sup> – July 24 <sup>th</sup>	GIRLS GYMNASTIC CAMP PRESCHOOL CAMP TRAMPOLINE CAMP
Week 6: July 27 <sup>th</sup> – July 31 <sup>st</sup>	GIRLS GYMNASTIC CAMP PRESCHOOL CAMP TRAMPOLINE CAMP
Week 7: August 3 <sup>rd</sup> – August 7 <sup>th</sup>	GIRLS GYMNASTIC CAMP PRESCHOOL CAMP TRAMPOLINE CAMP
Week 8: August 10 <sup>th</sup> – August 14 <sup>th</sup>	GIRLS GYMNASTIC CAMP PRESCHOOL CAMP TRAMPOLINE CAMP
Week 9: August 17 <sup>th</sup> – August 21 <sup>st</sup>	GIRLS GYMNASTIC CAMP PRESCHOOL CAMP TRAMPOLINE CAMP
<b>TOTAL NUMBER OF WEEKS:</b>	<b>PAYMENT DUE THE MONDAY OF EACH WEEK</b>

### \$30 registration fee due with Camp Registration

**GIRLS GYMNASTICS CAMP:** Please come to camp each week with the following:

- \*leotard, hair ties, water and water
- \*bathing suit, towel and sunscreen
- \*snack, lunch and lots to drink

**PRESCHOOL CAMP:** Please come to camp each week with the following:

- \*leotard, hair ties
- \*bathing suit, towel and sunscreen
- \*snack and lots to drink

**TRAMPOLINE CAMP:** Please come to camp each week with the following:

- \* water and water and more water
- \*bathing suit, towel and sunscreen