

NHA Summer Camp 2017

Starts June 26th

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.

Tuesday and Thursday, 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

Tuesday and Thursday

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 26 th – June 30 th	GIRLS GYMNASTIC CAMP PRESCHOOL CAMP TRAMPOLINE CAMP
Week 2: July 5 th – July 7 th **closed July 3 rd - 4 th	GIRLS GYMNASTIC CAMP PRESCHOOL CAMP TRAMPOLINE CAMP
Week 3: July 10 th – July 14 th	GIRLS GYMNASTIC CAMP PRESCHOOL CAMP TRAMPOLINE CAMP
Week 4: July 17 th – July 21 st	GIRLS GYMNASTIC CAMP PRESCHOOL CAMP TRAMPOLINE CAMP
Week 5: July 24 th – July 28 th	GIRLS GYMNASTIC CAMP PRESCHOOL CAMP TRAMPOLINE CAMP
Week 6: July 31 st – August 4 th	GIRLS GYMNASTIC CAMP PRESCHOOL CAMP TRAMPOLINE CAMP
Week 7: August 7 th – August 11 th	GIRLS GYMNASTIC CAMP PRESCHOOL CAMP TRAMPOLINE CAMP
Week 8: August 14 th – August 18 th	GIRLS GYMNASTIC CAMP PRESCHOOL CAMP TRAMPOLINE CAMP
Week 9: August 21 st – August 25 th	GIRLS GYMNASTIC CAMP PRESCHOOL CAMP TRAMPOLINE CAMP
TOTAL NUMBER OF WEEKS:	PAYMENT DUE THE MONDAY OF EACH WEEK

\$15 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