



# KIDS GYM SUMMER CAMPS

# 2023

## Camps for Ages 3\* - 5

*Camps include stories, arts and crafts, movement and games pertaining to each theme.*

### **MINI GYMNASTICS I**

**June 20-22-24**

Twist, turn and jump on the trampoline. Walk on the low beam, go slow on the high beam. Forward rolls, cartwheels, and handstands, too. Bars and rings to name a few!

### **MINI NINJAS**

**June 27-29-July 1**

All the same types of activities as in the Ninja Warrior Camp but adjusted to be age appropriate for the "pint- sized" ninja.

### **MINI WACKY WATER WEEK**

**July 11-13-15**

Get ready for a wet and wild week! Fun with water balloons, bucket brigades, water painting, tie-dying and lots of other water experiments. You'll be a "cool" kid at this camp!

### **DIG THOSE DINOSAURS**

**July 18-20-22**

Join our expedition into the prehistoric world. Use your imagination to wander through caves, swamplands and the rocky world where dinosaurs lived. Learn their names and habitats, and marvel at the size of these creatures from long ago.

### **PIRATE CAMP**

**July 25-27-29**

Arrrrr Mateys! Let's have some swashbuckling fun walking the plank, looking for treasures and navigating the high seas. Many adventures await!

### **MINI SUPER WACKY WATER WEEK**

**August 1-3-5**

Very similar activities as our other water camp, but in addition there will be a 15 ft *inflatable moon jump water slide*, and snow cones!

### **MINI NINJAS II**

**August 8-10-12**

Same description as Ninja Warriors Camp. You may sign up for both or either of these camps.

### **MINI GYMNASTICS II**

**August 15-17-19**

Same description as Mini Gymnastics Camp. You may sign up for both or either of these camps.

**\*All campers must be bathroom independent.**

## Camps for Ages 6-14

### **GYMNASTICS I**

**June 20-22-24**

You'll flip for this camp! Beginners through advanced gymnasts will work on tumbling, bars, beam and vault skills. In-ground trampolines and TumbTrak, rings, AirTrak and more will add to the fun!

### **NINJA WARRIORS I**

**June 27-29-July 1**

Become a "Ninja in Training" with this awesome camp! You'll run, jump, vault and climb as you train your mind to overcome obstacles and increase strength, body control and discipline.

### **WACKY WATER WEEK**

**July 11-13-15**

Get ready for a wet and wild week! Fun with water balloons, bucket brigades, water painting, tie-dying and lots of other water experiments. This is where all the "cool" kids will be!

### **TUMBLING & TRAMPOLINE**

**July 18-20-22**

We'll learn tumbling and trampoline skills that can be used for cheerleading gymnastics or just fun! Running, jumping, flipping and twisting are all incorporated into this camp—all levels welcome.

### **GYMNASTICS II**

**July 25-27-29**

Come check out this unique camp for gymnasts of all levels! Somersaults, cartwheels, round-offs and handsprings are all a part of the fun.

### **SUPER WACKY WATER WEEK**

**August 1-3-5**

Very similar activities as our other water camp, but in addition there will be a 15 ft inflatable moon jump water slide, and snow cones!

### **NINJA WARRIORS II**

**August 8-10-12**

Same description as Ninja Warriors Camp. You may sign up for both or either of these camps.

### **GYMNASTICS III**

**August 15-17-19**

Same description as other Gymnastics Camps. You may sign up for one or all of these camps.



### **CREDIT FOR ABSENCE**

**There will be no refunds for Camps. A credit can be held and used for future classes, clinics, open gyms, etc. We must be notified prior to the start of class or clinics. Camp absence notifications must be received the Friday prior to the start of Camp.**

**All camps meet M-W-F from 9:00 A.M. - 12:00 P.M.**

Tuition for one week of Camps:

**With Annual Membership Fee**

**\$85.00 per camp**

Campers should bring a lunch with a drink. Kids Gym likes to encourage independence so pack lunches that are "kid friendly".

Children should dress for easy movement. We occasionally go outside (we'll let you know if sunscreen is needed) so make sure your child has appropriate footwear.

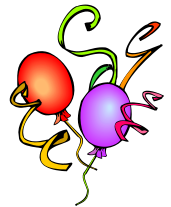
## WHY KIDS GYM?

- ◆ Specially designed 20,000 square foot facility
- ◆ Conveniently located just minutes from shopping
- ◆ Two fully equipped gyms, padded and carpeted for your child's safety
- ◆ Preschool gym has unique, kid-sized equipment
- ◆ Viewing areas to both gyms
- ◆ Advanced TumbTrak Tumbling System and in-ground trampolines
- ◆ Top-quality gymnastics equipment
- ◆ Experienced, caring instructors
- ◆ Programs developed by leading experts
- ◆ Positive, individualized instruction
- ◆ Member USA Gymnastics
- ◆ USAG Competitive Team



### Parties

Come *actively* celebrate birthdays with us!! Music, games, activities and parachute play are all part of the fun! Parties are 1½ hours and can be scheduled for Saturdays. A \$50 non-refundable deposit is required. Call our office for available dates and to book a party!



### How to Register

Registration for all classes is available on-line. Go to our website @ [www.kidsgyminc.com](http://www.kidsgyminc.com) and select "Parent Log In" or "Click Here To Register". This will take you to our registration page then just follow the directions on how to create a profile and to register your child. Please remember to "check out" and pay to secure your child's spot. *If you have any questions, please call our office (269) 323-7657. If space is available after the Summer Program begins June 20, you can still enroll (tuition will be prorated). Enrollment is filled on a first-come, first-served basis for both Summer Terms. There is no priority re-enrollment for Summer Term 1 students into Summer Term 2.*

*Kids Gym reserves the right to limit or cancel all programs depending on enrollment.*




### What to Wear to Class

Gymnasts should wear clothing that allows freedom of movement. Shorts, t-shirts, leggings and/or leotards are good choices (no tights that cover feet, skirts or tutus, please). Long hair must be tied back and jewelry removed prior to entering the gym.

# **TumbleKids Program Schedule**

Ages 1 through 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CAMP</p> <p>9:00 A.M. to 12:00 P.M.</p>	<p>4 &amp; 5 years 9:30-10:15</p> <p>3 years 10:30-11:15</p> <div style="border: 1px dashed black; padding: 5px; text-align: center;"> <p>Open Gym 1-3 yr w/parent 12:00-1:00</p> </div> <p>4-5 years 4:30-5:15</p> <p>2½-3½ years w/parent 5:30-6:15</p>	<p>CAMP</p> <p>9:00 A.M. to 12:00 P.M.</p> <p>3 years 4:30-5:15</p> <p>1 &amp; 2 years w/Parent 5:30-6:15</p>	<p>1 &amp; 2 years w/ Parent 9:30-10:15</p> <p>2½-3½ years w/parent 10:30-11:15</p> <p>4-5 years 11:30-12:15</p> <p>3 years 4:30-5:15</p> <p>4-5 years 5:30-6:15</p>	<p>CAMP</p> <p>9:00 A.M. to 12:00 P.M.</p>
<p>1 &amp; 2 yr w/Parent 5:00-5:45</p> <p>2½-3½ years w/parent 6:00-6:45</p>				 <p><b>“TA-DA!”</b></p>

**TumbleKids with Parent  
(1 & 2 Years)**

TumbleKids with Parent is family Fun for Everyone! This program is designed to guide you in helping your child 12 months through 2 years of age reach their full potential! Activities include music, finger plays, pretend play, climbing, jumping, beginning tumbling, and active exploration!

**Children MUST be 12 months before the beginning of the term. Only one parent /child.**

**TumbleKids  
(3 Years and 4-5 Years)**

The TumbleKids program will encourage children to explore their physical ability and coordination. We have two primary goals: 1) to raise each child's confidence level by encouraging them to go beyond their own expectations and perceived willingness to try; 2) to develop each child's kinesthetic awareness, physical ability, and coordination. Gymnastics movement patterns and skills, as well as other developmental movements, are the "tools" we use to challenge each child to go beyond their self-imposed boundaries

**Children MUST be 3 and/or 4 yr before the beginning of the term.**

**TumbleKids with Parent  
(2½-3½ Years)**

This is a transition class for those who are ready for a bit more structure. Children will learn how to follow circuits independently.

**Children MUST be 2 years, 6 months before the beginning of the term. Only one parent /child.**

**ABSENCES**

**You must call our office and notify us of your child's absence prior to the start of their class. You are allowed 1 make-up/term which can be used in an Open Gym Tuesday 12:00-1:00.**

	<b><u>CLASS FEES</u></b>		
	*Summer Term 1 June 20-July 22 (5 weeks)	Summer Term 2 July 25-August 26 (5 weeks)	
<b>TumbleKids</b>	\$74.00	\$74.00	<p><i>*We will be closed Monday, July 4. Term 1 will be a 4 week term for Monday students. A make-up will be offered.</i></p>
<b>Beginner/Advanced Beginner/Boys/NINJA/Kindergarten</b>	\$85.00	\$85.00	
<b>Intermediate/Advanced/Girls All Levels</b>	\$85.00	\$85.00	
<p>Enrollment for Summer Classes requires a \$43 Membership fee/family.</p> <p><b>Open Gym:</b> \$10 each with registration, \$13 without. On-line pre-registration required. Kids Gym waivers, completed by a <b>legal</b> parent or guardian and payment are required at time of workout.</p> <p><b>Make-Ups:</b> If unable to attend your regularly scheduled class, you are allowed 1 make-up per term in any Open Gym, Tuesdays 12:00-1:00. You must notify us prior to your regular class if your child will be absent in order to schedule a make-up.</p>			

# Recreational Program Schedule

Ages 6-14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">CAMP</p> <p style="text-align: center;">9:00 A.M. to 12:00 P.M.</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Kindergarten</p> <p style="text-align: center;">4:30-5:30</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Beginner</p> <p style="text-align: center;">4:30-5:30</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Kindergarten</p> <p style="text-align: center;">5:45-6:45</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Beginner</p> <p style="text-align: center;">5:45-6:45</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px;"> <p style="text-align: center;">Adv. Beginner</p> <p style="text-align: center;">5:45-6:45</p> </div>	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Beginner</p> <p style="text-align: center;">9:30-10:30</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Adv. Beginner</p> <p style="text-align: center;">9:30-10:30</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Ninja</p> <p style="text-align: center;">10:45-11:45</p> </div> <div style="border: 2px dashed black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Open Gym</p> <p style="text-align: center;">12:00-1:00</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Kindergarten</p> <p style="text-align: center;">4:30-5:30</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Beginner</p> <p style="text-align: center;">4:30-5:30</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Girls All Levels</p> <p style="text-align: center;">5:45-6:45</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px;"> <p style="text-align: center;">Intermediate</p> <p style="text-align: center;">5:45-6:45</p> </div>	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">CAMP</p> <p style="text-align: center;">9:00 A.M. to 12:00 P.M.</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Ninja</p> <p style="text-align: center;">4:30-5:30</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Intermediate</p> <p style="text-align: center;">5:45-6:45</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px;"> <p style="text-align: center;">Intermediate Plus</p> <p style="text-align: center;">5:45-6:45</p> </div>	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Intermediate</p> <p style="text-align: center;">9:30-10:30</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Boys All Levels</p> <p style="text-align: center;">9:30-10:30</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Kindergarten</p> <p style="text-align: center;">10:45-11:45</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Beginner</p> <p style="text-align: center;">4:30-5:30</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Adv. Beginner</p> <p style="text-align: center;">4:30-5:30</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">Beginner</p> <p style="text-align: center;">5:45-6:45</p> </div> <div style="border: 1px solid black; border-radius: 15px; padding: 10px;"> <p style="text-align: center;">Adv. Beginner</p> <p style="text-align: center;">5:45-6:45</p> </div>	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p style="text-align: center;">CAMP</p> <p style="text-align: center;">9:00 A.M. to 12:00 P.M.</p> </div>
				<p style="text-align: center;"><b><u>ABSENCES</u></b></p> <p style="text-align: center;"><i>You must call our office and notify us of your child's absence prior to the start of their class in order to schedule a make-up. You are allowed 1 make-up per term that must be used prior to the end of each term. Make-ups can be used in an Open Gym Tuesday 12:00-1:00.</i></p>

## Class Descriptions

- KINDERGARTEN:** For boys and girls with little or no gymnastics experience. **MUST** be 5.5 yr old **prior** to start of the term and in Kindergarten **OR** have TumbleKids teacher approval. Basic gymnastics skills and terminology are learned with a focus on developmentally appropriate skill building towards the Beginner or Advanced Beginner class.
- BEGINNER:** For boys or girls with little or no gymnastics experience. Emphasis will be on basic skills and terminology as well as building confidence and body awareness. Mastering a minimum of two star skills in this class advances the student to the Advanced Beginner level.
- ADVANCED BEGINNER:** For boys or girls who have mastered a minimum of two star skills and have teacher recommendation. Experience gained in the Advanced Beginner class prepares the student for advancement to the Intermediate level.
- INTERMEDIATE:** Teacher recommendation is required. This class is for students who have mastered all the gymnastics skills and progressions in the Advanced Beginner level. Focus will be on refining skills, body shapes and technique along with the introduction of more advanced skills.
- INTERMEDIATE PLUS:** Teacher recommendation is required. This class is for students who have mastered all of the Intermediate class skills. Focus will be on higher level skills and is based on individual student's needs. Students are encouraged to develop personalized routines in each event that showcase their strengths.
- GIRLS ALL LEVEL:** For girls ages 10-16 yr with gymnastics experience of all levels. This class challenges students to learn skills at their own pace and focuses on proper progressions of those skills.
- BOYS ALL LEVEL:** For all levels and experience (6 yr and up). This class dives into the basics of Men's Gymnastics and allows for students to progress at their own pace on each event.
- NINJAS:** For boys and girls ages 6 yr and up. This class is a fun and exciting way to learn new skills while navigating obstacles. Students are encouraged to use creativity in the way they approach obstacles to grow their confidence while having fun burning off tons of energy!
- Open Gym** (Cost: \$10.00 with registration/\$13 without): On-line pre-registration required. Kids Gym waivers, completed by a **legal** parent or guardian and payment are required at time of workout.

*(Call Kids Gym for a skill evaluation if unsure of class placement.)*

## Back Handspring CLINICS!!



You'll be amazed at your child's progress and boost in confidence in such a short time! Our expert staff will begin with skill assessment and take your child through a multitude of drills and progressions to help learn one of the most essential skills in advanced tumbling.

**Prerequisites:** strong vertical handstand and strong bridge

**Clinic Dates:** June 29, July 27, August 24

**Time:** 7:00 PM-7:45 PM

**Cost:** \$13.00 w/registration  
\$16.00 w/o registration

## PARENT'S NIGHT OUT



In need of a date night??!! Enjoy a night out while we provide the food (pizza, and a drink) and LOTS of fun Open Gym time!

**Friday, July 15 & Friday, August 12**

**Ages:** 6 yr & up  
**Time:** 5:00-8:00 PM  
**Cost:** \$30.00 w/current registration  
 \$33.00 w/o registration