

Brockville

GYMNASTICS

SUMMER

CAMP

July 6 to
August 28



2020 Gymnastics Summer Day Camp

FUN. FITNESS. FUNDAMENTALS.

For children ages 4+
(must be 4 as of camp start date)

Camp Hours: Drop off 8-9am, Pick up 3:30-4pm

Drop-off times will be by groups of 8 in 15-minute intervals starting at 8am. No Early Drop off or Late Pick up available.

Max 30 Campers per week – Register by week only

Registration Online only

Adhering to Ministry of Health and Gymnastics Ontario COVID-19 Guidelines

10 Gilmour Street, ON | 613.345.3836 | info@brockvillegym.com | www.brockvillegym.com

Prices

5 day weeks	\$220	Per camper
4 day week	\$176	Per camper

1. Book appointment online.
2. Registration forms must be completed online prior to appointment
3. Drop-off time and registration will be confirmed during appointment
4. Payment must accompany registration (via eTransfer) within 30 minutes of appointment



Camp Guidelines

- Please send all belongings in a backpack as this will be with the campers during the day
- Apply sunscreen before entering building. Bring additional sunscreen with name on bottle. (spray)
- Wear comfortable clothing and outdoor shoes. Bring light jacket or sweater for cool days.
- Bring bathing suit, hat, and towel in a plastic bag, along with outdoor (or waterproof) shoes for splash pad. Campers are required to wear mesh pinnies in the splash pad.
- Bring a substantial lunch in reusable containers, plenty of healthy snacks, and drinks along with a water bottle (no glass). BGA is a litter-less lunch facility, and garbage from snack/lunches will be sent home.
- Change of clothes and swimsuit are recommended.
- NO refunds for cancellations (no switching weeks)
- A \$15 fee will be applied for duplicate receipts. Please retain for tax purposes.
- Gymnastics Ontario fee (\$30) will apply if registering for 6 days or more for non-members of 2019-2020 season (GO has extended season until August 31 for existing members)

Camp Will Include

- **Warm-up Activity & Stretch**
- **Gymnastics Apparatus**
Uneven Bars, Vault, Beam, Floor, Parallel Bars, Rings, Trampoline, Mini-Trampoline, Rope Climb
- **Strength, Flexibility, and Conditioning**
- **Outdoor Free Play**
Skipping Rope, Basketball, Splash Pad, Sidewalk Chalk
- **Various Co-operative / Team Activities and Games**

JULY

July 6	July 7	July 8	July 9	July 10
Landings, locomotions, and springs week				
July 13	July 14	July 15	July 16	July 17
Rotations, swings, and statics week				
July 20	July 21	July 22	July 23	July 24
Creativity Week - Mural painting, Sidewalk drawing, sketching				
July 27	July 28	July 29	July 30	July 31
Spirit Week				
Monday - BGA Blue day, Tuesday - Crazy hair day, Wednesday - Superhero day, Thursday - Backwards day, Friday - Tight and bright clothing				

AUGUST

Aug 3	Aug 4	Aug 5	Aug 6	Aug 7
<i>Closed</i>	Nature Week			
Aug 10	Aug 11	Aug 12	Aug 13	Aug 14
Sports Week				
Aug 17	Aug 18	Aug 19	Aug 20	Aug 21
Games Week				
Aug 24	Aug 25	Aug 26	Aug 27	Aug 28
Fun And Fitness Week				