

WEEKLY THEMES

July 9th - 13th Nature Adventure
July 16th - 20th Space is the Place
July 23rd - 27th Animal Planet
July 30th - Aug 3th Mad Science
August 7th - 10th Arts & Crafts
August 13th - 17th A Bug's Life
August 20th - 24th Treasure Hunters
August 27th - 31st Super Heroes

Full Day Campers will get to go on one special Themed Field Trip each week, [Themed field trips may include: Valley Zoo, Fort Edmonton Park, Street Performers Festival, John Jantzen Nature Centre, Spray Parks, Museum & Gateway Bowling]. Most weeks will also include one trip to Millwoods Spray Park, Crafts, and a PJ Movie afternoon at the gym.

All Campers will have Snack breaks, and Full day campers will also have a lunch break, please be mindful and pack Peanut Free Snacks & Lunches.

We recommend each participant to bring a water bottle, hat, sunscreen and wear appropriate clothing (No Jeans, belts, zippers, jewellery, etc.)



Costs

Preschool & Half Day Camps:
\$160.00 (4 day camps will be \$128.00)

Full Day Camps
\$275.00 (4 day camps will be \$220.00)

Specialty Camps
\$190

Summer Session - July (7Classes):

1 hr - \$124.25
1.5 hr - \$167.80
2 hr - \$223.75

Aug (8 classes):
1 hr \$142.00
1.5 hr \$191.75
2 hr \$255.70

***AS OF JULY 1, 2018 ALL CAMPERS MUST PURCHASE THE AGF FEE[\$50.00]*VALID UNTIL JUNE 30, 2019**



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SUMMER CAMPS & CLASSES



With Capital City Gymnastics Centre

We are a non-profit club offering gymnastics for ages 3+

10% camp discount given for registrations of multiple children in the same week and registrations for 3 or more weeks



Accepting registrations now

Preschool Camps

Ages 3-5 Years

(* Must be Potty Trained)

Morning Camps

9:00 am - Drop Off
9:15 - Gymnastics Circuits
10:00 - Snack
10:15 - Craft
10:45 - Gymnastics Circuits
11:30 - Games & Cool Down Activities
12:00 pm - Pick Up



Half Day Camps

Ages 6+

Morning Camps

9:00 am - Drop Off
9:15 - Gymnastics Circuits
10:15 - Snack
10:30 - Gymnastics Circuits
11:00 - Craft
11:30 - Games & Cool Down Activities
12:00 pm - Pick Up

Afternoon Camps

1:00 pm - Drop Off
1:15 - Gymnastics Circuits
2:15 - Snack
2:30 - Gymnastics Circuits
3:00 - Craft
3:30 - Games & Cool Down Activities
4:00 pm - Pick Up

Full Day Camps

Ages 6+

9:00 am - Drop Off
9:15 - Gymnastics Circuits
10:15 - Snack
10:30 - Gymnastics Circuits
11:30 - Games & Cool Down Activities
12:00 pm - Lunch
1:00 pm - Afternoon Activity
2:30 pm - Snack
4:00 pm - Pick Up

SUMMER SESSION CLASSES

July Session - July 9 - 31 (7 classes)

Burgundy/Red • Mon & Wed 4:30-5:30
Purple/Blue • Mon & Wed 4:30-6:30
Tots • Mon & Wed 5:30-6:30
Girls Adv. • Tues & Thurs 6:00-8:00
Tan/Bronze • Tues & Thurs 4:30-6:00
Mini 1&2 • Tues & Thurs 6:00-8:00
Supertots/Adv Supertots • Tues & Thurs 4:30-6:00

Aug Session - Aug 1 - 30 (8 classes)

Burgundy/Red • Mon & Wed 4:30-5:30
Purple/Blue • Mon & Wed 4:30-6:30
Girls Adv. • Mon & Wed 6:30-8:30
Tan/Bronze • Mon & Wed 5:30-7:00
T&T Intermediate • Mon & Wed 7:00-8:30
Mini 1&2 • Tues & Thurs 4:30-6:30
Supertots/Adv Supertots • Tues & Thurs 5:00-6:30
Tots • Tues & Thurs 6:30-7:30
Parent & Tot • Tues & Thurs 6:30-7:30

Specialty Summer Camps \$190

Rainbow Rhythmics - Girls Ages 5-7

Combining Rhythmic and Artistic gymnastics, this camp will explore working with ribbons, hoops and balls and teaching basic body awareness.

Aug 13th-17th - 1-4pm

Rhythmic Gymnastics - Girls Ages 8+

This camp allows participants to learn hand apparatus skills. They will also work on basic ballet instruction, flexibility, pivots and leaps.

July 16th-20th - 1-4pm

July 30th-Aug 3rd - 1-4pm

Tramp & Tumbling Ages 7+

A Tramp & Tumbling focused camp to improve tumbling skills for Beginners to Advanced.

July 9th - 13th 1pm - 4pm

July 23rd - 27th 1pm - 4pm

Aug 7th - 10th 1pm - 4pm

Aug 20th - 24th 1:00pm - 4:00pm

Dance Flexibility & Acro Ages 7+

A camp where Dancers can maintain their flexibility and learn some new Acro skills before the dance season starts.

July 9th - 13th 9am-12pm

July 23rd - 27th 9am-12pm

Aug 7th - 10th 9am-12pm

Aug 20th - 24th 9am-12pm

Parkour Ages 7+

For all those interested in learning the basics of Parkour and free running mixed in with some gymnastics elements.

July 16th-20th (7+ yrs) 1-4pm

July 30th - Aug 3rd (7+ yrs) 1-4pm

Aug 13th - 17th (7+ yrs) 1-4pm

Aug 27th - 31st (7+ yrs) 1-4pm