

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

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

Adult - Wed 9-10pm – 10 weeks (July & Aug)

\$177.50

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