

What: *SUMMER CAMP*
GYMNASTICS & TRAMPOLINE
training & a variety of special activities.

Who: *Children Ages 6 – 14*
Coaching Staff – Former Olympian
Fully certified NCCP

When:
Monday – Friday | 8:30AM–4:30PM

Friday – Pizza Day

Where: *London Beje Gymnastics*
1114 Richmond Street, London
(Gymnastics & Trampoline)

How much: *\$175/week*

What to Bring:
T-Shirt & Shorts or *Gym Suit, Running shoes, Towel*
Water or Soft Drink, Lunch & Snacks

This Summer Camp is designed to introduce young people to the ever popular Olympic sports of Gymnastics in a fun & safe environment.

Participants will learn proper techniques. Training may include the use of trampolines, overhead harnesses, spring floor, vault, beam, bars, rings and a variety of mats & other fitness equipment

To get a true taste of what it takes to be an Olympic gymnast, each member will have the opportunity to train at our private gym facility under the supervision of Beje Gym's head coach, former World Championship & Olympic gymnast, Nick Bejenaru.

When it is time to take a break, we have daily activities including: arts & crafts, games or movies to keep the children entertained.

Summer Camp Gymnastics



Gymnastics

&

Trampoline

CAMP

Trampoline

Presented by:



(519) **777-5208**

Approximate Daily Schedule:

8:30-8:45 Drop-Off @ Gym
8:45-9:30 Introduction & Morning Games
9:30-10:00 Warm-up & Stretching
10:00-11:00 Gymnastics Instruction
11:00-11:15 Break & Snack time
11:15-12:15 Gymnastics Instruction
12:15-1:15 Lunch, Rest & Relax
1:15-2:45 Trampoline Instruction
2:45-3:00 Snack & Free Time
3:00-4:30 Special Daily Activities
(Arts, Crafts, Games, Movies)

4:30 Pick up @ Gym

(Please pick up at 4:30. Late fees will be charged.)

www.londonbejegymnastics.com