

Gymnastics Day Camp Information Sheet 2008

Welcome to Rose's Gymnastics Training Center's Gymnastics Day Camp. Please read the following information so your child will be prepared each day.

Clothing each day

Tennis shoes for play (and socks on bowling days)
Leotards for girls and shorts for boys for gymnastics activities
Swimsuit, towel, plastic bag for wet suits, sunscreen and flip-flops or sandals to wear to the pool

Food

A morning and an afternoon snack are provided
Bring a picnic lunch with drink each day. No sodas, candy or food items that need to be warmed, please. We eat outdoors on our picnic tables.

Activities

9:00AM - 1:00 PM

Gymnastics activities two times per day with one session instructional & one that is theme or play oriented, followed by arts & crafts, self-selected activities and lunch.
Plus other sports activities in & out of the gym throughout the week:
bowling, outdoor play, water play, group games.

2:15-2:45PM Quiet time for changing into bathing suits, reading & resting

3:00-4:00PM - Recreational swimming at Ray-Nez pool

Scheduled activities begin at 9:00am and end about 4:45pm; however, we will be open from 7:30 am until 6:00 pm for the extended day with self-selected activities (arts & crafts, games, books, etc.) during the extended times.

Pick up your nametag and pay the balance due at the front door on Monday. See you at camp!

Eva Price
Summer Camp Director