

# *Gymnastics*

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*Summer 2010*



**Featuring**

- Summer Camps
- Summer Programs
- Lesson and Training Information
- And more Gymnastics!

## Gymnastics Committee

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**Committee:** TBA.

## Gymnastics Professionals

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### **Cassandra Chau, Head Professional**

Cassy is a Level III Rhythmic Gymnastics Coach and an International Competition Judge. Her love of Gymnastics is only exceeded by her love of children and watching them discover the joys of gymnastics. This program has grown by leaps and bounds under her tutelage and the proof is that there is now a competitive team from the Royal Glenora Club for the first time ever.



### **Lauren Wig, Associate Professional**

### **Jennifer Thai, Associate Professional**

### **Annetta Kratochvil, Associate Professional**

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**Phone for an appointment:  
Cassandra Chau Head Professional:  
482-2371 Ext. 276**

**\*Please add GST for those 15 years and**

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## ***BABY GYM***

Enjoy a journey of growth and discovery with your new baby in Baby Gym. Parent and baby will learn moves and exercises that will help development, sleep patterns and overall health. Start a life long love of sport with your infant. . Registration is necessary. Minimum 4 students

**Cost:** \$100.00/8 week session

**Ages:** 3 months to pre-crawling

**Time:** 12:45 pm to 1:15 pm

**Day:** Wednesdays ONLY

**Dates:** July 7 to August 26

**Code:** GBG1

## ***GYM TOTS DROP-IN***

This program does not require the participation of a parent. It is designed to introduce each child to the very basics of gymnastics movement, through organized games and circuits on each of the events. Each child will experience all pieces with games, in a fun and stimulating environment. Minimum 4 students.

**Cost:** \$7.00 per drop in

**Ages:** 2 to 4 years

**Time:** 11:45 am to 12:15 pm

**Days:** Monday, Wednesday and Friday

**Dates:** July 5 to August 28

**Code:** GTDI

## ***CANGYM CAMP***

Come out to learn the Nationally recognized badge program from Gymnastics Canada. This camp will teach the participants the foundation to the sport plus some cool tricks! Minimum 4 students.

**Cost:** \$70.00

**Ages:** 5–10 years

**Time:** 10:45 am to 11:45 pm

**Dates:** July 5-9, July 19–23, August 16-20 or August 23–27

**Code:** CGC1, CGC3, CGC6, or CGC7

**Time:** 2:00 pm to 3:00 pm

**Dates:** July 12-16, July 26–30, August 9-13

**Code:** CGC2, CGC4, or CGC5

Come out and learn the sport of ribbons, hoops, balls, clubs and rope. Loads of fun! Try out for the 2010/2011 competitive season. Camp is held in the fitness studio. Minimum 4 students.

**Cost:** \$75.00  
**Ages:** 5-10 years  
**Time:** 2:00 pm to 3:00 pm  
**Dates:** July 5-9, July 19–23, or August 3-6  
**Code:** RGC1, RGC2, or RGC3

## ***RHYTHMIC GYMNASTICS CAMP***

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This camp is for pre-competitive and competitive rhythmic gymnasts. .

**Cost:** \$150.00  
**Time:** 2:00 pm to 5:00 pm  
**Dates:** August 16-20 or August 23-27  
**Code:** CRG1 or CRG2

## ***COMPETITIVE RHYTHMIC CAMP***

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One of our most popular camps! Join us for this fantastic combo of tennis and gymnastics. Athletes will learn the basics and more of both sports! Tennis 9:45 am-10:45 am, Gymnastics 10:45 am-11:45 am. Minimum 5 students.

**Cost:** \$110.00  
**Ages:** 5 to 10 years  
**Time:** 9:45 am to 11:45 am  
**Dates:** July 26-30 or August 9-13  
**Code:** CVV1 or CVV2

## ***VAULTS & VOLLIES CAMP***

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# ***SMASH & TUMBLE CAMP***

This is another of the Club's most popular camps. Come out and practice your badminton skills on the court and your gymnastics skills in the gym. Badminton 9:45 am–10:45 am, gymnastics 10:45 am to 11:45 am. Minimum 5 students.

**Cost:** \$110.00  
**Ages:** 5 to 10 years  
**Time:** 9:45 am to 11:45 am  
**Dates:** July 12-16 or August 3-6  
**Code:** CST1 or CST2

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# ***GYM & SWIM***

This borrows a theme from one of the Club's most popular camps. Come out and practice your swim skills in the pool and your gymnastics skills in the gym. Gym 11:45 am–12:15 pm, then swim 12:30 pm to 1:00 pm. Minimum 4 students.

**Cost:** \$100.00  
**Ages:** 4 to 8 years  
**Time:** 11:45 am to 1:00 pm  
**Days:** Tuesdays and Thursdays  
**Dates:** July 6 to August 26

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# ***GYMNASTICS PLAYROOM CAMP***

**See Playroom Summer Camps  
for complete details**

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***FLEX & STRETCH*** See Skating Section

