




Advanced Fun & Fit Gymnastics Camp

July 6-9
12:00-5:00pm






Join us for 4 days of fun at Palouse Empire Gymnastics Advanced Fun & Fit Gymnastics Camp. Camp is for girls in Level 2-5 and will include instruction on vault, bars, beam, tumbling, dance and trampoline. Camp will focus on building strong skill foundations and learning new skills. Fun activities will be incorporated into each day including crafts and games. Friday will include a group performance for friends and family.

Camp registration form and payment of \$120 due by July 1. Minimum registration of 10 kids required to hold camp with a maximum of 24 allowed to enroll. Gymnasts need to bring workout clothes, water bottle, snack and sneakers. Camp T-Shirt provided.

Typical Day

12:00-12:30 Warm-up and Games
 12:30-1:00 Rotation 1
 1:00-1:30 Rotation 2
 1:30-2:00 Rotation 3
 2:00-2:45 Rotation 4
 2:45-3:15 Snack and Craft
 3:15-3:45 Rotation 5
 3:45-4:15 Rotation 6
 4:15-4:45 Rotation 7
 4:45-5:00 Closing and Games

Name _____ Age _____ Level _____
 Parent _____ Phone# _____
 Address _____ City/Zip _____
 Check# _____ Date Pd _____

Return to: Palouse Empire Gymnastics – 810 North Almon – Moscow, Idaho 83843
www.palouseempiregymnastics.com 208-882-6408