

June 21-25th Half Day Gymnastics Camp



GymFest half day camp is designed for all male and female gymnast, ages 5 and up, to learn and improve skills in a safe, and fun environment. GymFest half day camp is designed more towards the recreational gymnast and is great for the younger athlete who may tire easily from an all day camp experience. GymFest '10 will be held at our KidsSports USA location in Kalamazoo. This NEW, 45,000 sq. ft. air-conditioned facility provides all gymnasts the opportunity to train in one of the best-equipped and safest gymnastics facilities in the United States.

OUR PROGRAM OFFERS

- Instruction on all men's and women's apparatus
- Small gymnast / instructor ratios
- Staff - Top level coaches for all levels
- Certificates awarded to all gymnasts
- Most Dedicated Awards

Cost
\$150.00

DAILY SCHEDULE

Monday, Tuesday, Thursday, and Friday from 8:30 AM to 12:00 noon.

This includes a ½ hour warm-up, 6 rotations to various stations and events, and a 15 minute cool down.

There will be also a 15 minute break time for rest and snacks (not included).

On Wednesday, the gymnasts will participate in our Gym, Fun, and Sun Day.

The gymnasts will workout from 10:30 AM to 2:00 PM and then have lunch and Fun in the Sun Day from 2:00 PM to 5:00 PM.

Monday - 8:15 check-in , 12:00 pick-up

Tuesday - 8:30 drop-off, 12:00 pick-up

Wednesday - 10:30 drop-off, 5:00 pick-up

Thursday - 8:30 drop-off, 12:00 pick-up

Friday - 8:30 drop-off, 11:00 certificates and most dedicated award, pick-up 12:00.



2010 GymFest Half Day Camp Registration Form

Campers Name _____ Age _____ Sex (M) (F)
 Address _____ Phone _____
 Class Level / Experience _____

Mail Registration Form and Payment to:

Branch Gymnastics
6712 NCC Parkway
Kalamazoo, MI 49009

Questions? Just give us a call!
(269) 544-3000