



GYMNASTICS CAMPS – SUMMER 2010

WEEKS OF: JULY 12 * JULY 26 * AUG 9

Ages 6+ (co-ed)

My Playground is pleased to announce our extremely popular summer Gymnastics Camp for children ages 6+. Come see what all the fun is about! Your child will learn new and exciting skills quickly and have an amazing time. Sign up early...camps fill fast! Children work on body positions, stretches, flexibility, balance, strength, floor (tumbling), climbing rope, bar, vault, beam, rings and trampoline. Curriculum and instruction follow the USA Gymnastics Levels 1 - 4 and USAG Safety Guidelines.

- **Skills include:** cartwheel, head stand, hand stand (with walk, forward roll), vault to handstand, press handstand, round off – rebound, straddle hang, forward & backward rolls (floor and beam), dive rolls, back extension roll, straddle jump, tuck jump, seat drop, tree fall, bridge (kick over), back walkover, kick walk, bear walk, scale, pivot turn, re-grips, pull over, cast and back hip circle. Level 3-4 skills also include: front walk over, front limber, stride/mill circle, cast sole circle, kip intro, back/front handspring, round off – back handspring, cartwheels on beam.

Camp includes gymnastics, crafts, team-building, nutrition education, lots of fun and more. The week ends with a final demonstration presentation for family and friends on Friday. ***SWIM OPTION!** A 'SWIM' option is available every afternoon from 1:30pm-2:30pm with transportation provided to high school pool. Talented coaches like Debbie Meyer, 3 time Olympic Gold Medalist and head of Tahoe-Truckee Swim Team (TTST), Sarah Clement TTST Swim Coach, Nate Conrad-Forrest TTST & Rec Center Swim Coach and Amanda Oberacker, Rec Center Aquatics Coordinator will provide fabulous swim instruction!



Dates & Details:

Level 1-2 (ages 6+): July 12 - 16 (Mon-Fri, 9:00am to 1:00*pm daily *swim option ends 2:30pm)

- Gymnastics Coaches: Todd Tanis, Lindy Miller, Laura Bronstone

Level 3-4 (ages 9+): July 26 - 30 (Mon-Fri, 9:00am to 1:00*pm daily *swim option ends 2:30pm)

- Gymnastics Coaches: Yasuko Saito, Lindy Miller, Laura Bronstone

Level 1-2 (ages 6+): August 9 - 13 (Mon-Fri, 9:00am to 1:00*pm daily *swim option ends 2:30pm)

- Gymnastics Coaches: Todd Tanis, Lindy Miller, Laura Bronstone

Camp tuition: \$275 for the week (*Swim Option: +\$90 for the week)

Space is limited. Please reserve your spot as soon as possible.

Location: My Playground, Pioneer Commerce Center, Truckee

We hope to see you at camp!

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