



Adventures in Gymnastics

Summer Camp Information Sheet

Important Information:

- Gymnasts - girls should wear a body suit or shorts and a T-shirt (tucked in)
- boys should wear shorts and a T-shirt (tucked in)
- bare feet are required
- long hair must be tied back
- Parents - Sign your child IN when you bring them to camp
- Sign your child OUT when you pick them up from camp

Full Day Camp Schedule

- 9:00 AM:** Drop-off time at Gymworld
- 9:00 - 12:00 PM:** Gymnastics - 1 1/2 - 2hrs structured gymnastics
 - morning snack
 - games/crafts
- 12:00 noon:** Lunch (brought by campers)
- 12:30 - 1:00 PM** Quiet Games/Activities
- 1:00 - 4:00 PM:** Theme Activities/Gymnastics
- 4:00 PM** Pick-up at Gymworld

(Before-care starts at 8:30AM and after-care ends at 4:30PM)

Half Day Camp Schedule

Half Day Morning:

- 9:00 AM:** Drop-off time at Gymworld
(Optional before-care starts at 8:30AM)
- 9:00 - 12:00 PM:** - 1 1/2 - 2hrs structured gymnastics
 - morning snack
 - games/crafts/themed activities
- 12:00 PM:** Pick-up at Gymworld

Half Day Afternoon:

- 1:00 PM:** Drop-off time at Gymworld
- 1:00 - 4:00 PM:** - 1 1/2 - 2hrs structured gymnastics
 - afternoon snack
 - games/crafts/themed activities
- 4:00 PM:** Pick-up at Gymworld
(Optional after-care ends at 4:30PM)

THINGS TO BRING TO CAMP

- Peanut/nut-free snacks** (all campers)
- Peanut/nut free lunch** (full day campers)
- Water bottle** (all campers)
- Sunscreen & hat** (all campers)
- Bathing suit & towel** (all campers)
- A smile!!** (all campers)