



SUMMER HOLIDAY

GYMNASTICS CAMPS 2018



**Holiday Gymnastics Sessions For Age 4+ years. No experience Necessary!
Come and join us to learn new skills, meet new friends and have lots of FUN!**

Trampoline & Bouncing Fun Camp

Tue 24th & Thurs 26th July



9am—12pm - £38.50



EVERYTHING BOUNCY!!!!!! Learn New Floor Skills & have lots of bouncing fun on the Trampoline, Airtrack, Trampette, Tumble Track, Double Mini Trampoline & Vault. Everyone will be presented with a special **Trampoline Certificate** after completing the set

Gymnastics Fun & Pass a Badge Camp!

Wed 25th July

4-6pm - £16.00



The **Pass a Badge & Gymnastics Fun Camp** will include, Bars, Beam, Floor, Rings, Vault, Tumble and Fun in the foam pits. In addition to everyone will work towards a **British Gymnastics Proficiency Badge & Certificate** which will be presented at the end of the camp. Please remember to detail the 8-1 and advanced awards your child has already passed on the booking form. **(Bring a Drink)**

The Ultimate! Gymnastics Summer Camp!

Tue 31st July & Thurs 2nd Aug



9am—12pm - £37.50



THE ULTIMATE will involve a taster of all aspects of gymnastics. Apparatus work will include, Bars, Beam, Floor, Vault, Trampette, Rhythmic Gymnastics, Group work, Tumbling, Fast Track, Airtrack & Trampoline. Learn new skills & ring the new move bell! Everyone will be presented with a special **Ultimate Medal** after completing the set challenges during the camp. **(Bring a Drink & Snack)**

Bouncing Fun & Pass a

Trampoline Badge Camp



Wednesday 1st August - 4-6pm - £16.00

PASS A TRAMPOLINE BADGE: The Pass a Badge & Bouncing Fun camp will include, Trampoline, Trampette, Fast Track, Double Mini Trampoline, Tumble and Fun in the foam pits. In addition to everyone will work towards a **British Gymnastics Trampoline Badge & Certificate** which will be presented at the end of the camp. Please remember to detail the trampoline awards your child has already passed on the booking form. **(Bring a Drink)**



Ninja Hero Challenge

Tue 7th August 9-11am - £15.00



NINJA CHALLENGE: Take part in SGA's toughest **Obstacle Course** and become SGA's Ninja Champion. The grueling circuits will be designed to challenge every gymnast regardless of their age & ability and everyone will be presented with a **Ninja Hero Medal**. Other activities throughout the day will include exercises to build strength, agility, flexibility, speed, and include general body conditioning exercises as well as getting a chance to use all of SGA's fantastic gymnastics apparatus. **(Bring a Drink & Snack)**



Olympic Challenge

& Apparatus Badge Camp



Tuesday 14th Aug—9am-1pm—£26.00

Become an **Olympic gymnast!** Gymnasts will be challenged on mens & womens Olympic pieces of apparatus—Vault, Bars, Beam, Floor, Rings & Trampoline as well as trying out the Rhythmic gymnastics apparatus. Learn new skills & ring the new move bell! In addition to everyone will work towards an advanced **Proficiency Apparatus award** or 8-1 **Proficiency award** for the younger gymnasts.



Backflip Development Camp

Wed 15th August 4-5.30pm -£9.00

Join us for a session focusing specifically on Backflip Development. Gymnasts will work on different backflip progressions and apparatus stations to work towards learning the final skill. Gymnasts must be aged 7+ and be able to perform a strong handstand and a bridge kick over either from the floor or a raised surface. Please note, attendance does not guarantee that gymnasts will be able to perform the final skill at the end of the camp however gymnasts will have learned valuable skills which will aid future development.

SPECIAL OFFER!!! BOOK THE ULTIMATE AND 2 DAY BOUNCE CAMP AND YOUR CHOICE OF 1 OR MORE- OTHER CAMPS & RECEIVE A FANTASTIC £10 DISCOUNT. (Offer excludes Backflip camp)

Limited Spaces on all Camps! Hurry & Book your Place Now to avoid disappointment!

Closing Date: WEDNESDAY 18TH JULY!

Important! SGA may run outdoor activities on the field or outside as part of the camps. Bring Trainers, SunCream, and a Hat. Other activities throughout the camps may include: Fun & games, pit races, team games, parachute activities, fun obstacle course & games, crafts, colouring & quizzes.

SGA 2018 SUMMER GYMNASTICS CAMP BOOKING FORM

Name _____

Age _____ D.O.B _____

Address _____



Tel: _____ Mobile: _____

Alternative Emergency Contact _____

Email _____

Important!: Booking Confirmation will be sent by email.

Any Dietary / Medical Requirements? _____

Any Other Info / Previous Experience? _____

My child has already passed the following BAGA Proficiency / Advanced / Trampoline Awards (Detail All) _____

I would like to book a place for my daughter / son, on the following camps: (tick)

- ◆ Trampoline & Bouncing Fun Camp @ £38.50
- ◆ Gymnastics Fun & Pass a Badge Camp @ £16.00
- ◆ The Ultimate Gymnastics Summer Camp @ £37.50
- ◆ Bouncing Fun & Pass a Trampoline Badge Camp - £16.00
- ◆ Ninja Hero Challenge —£15.00
- ◆ Olympic Challenge & Pass an Apparatus Badge Camp—£26.00
- ◆ Backflip Development Camp—£9.00
- ◆ Book The 2 Day Ultimate & Bounce Camp & 1 other camp & receive a £10.00 discount! (Excludes Backflip Development Camp)

Booking Closing Date

Wednesday 18th July

Please note that if you are not a current member of British Gymnastics you must add £1.00 per day attending to cover temporary membership. - Total—£ _____

Total Enclosed £ _____ Cash / BACS (No Cheques)

Payment by BACS – Account no: 91791044 Sort code: 404022 – Please detail your child's name in the payment details and text 07766522976 to confirm payment & detail payment amount. Do not return booking form until payment has been made if paying by BACS.

Terms & Conditions of Bookings

Bookings are accepted on a first come first served basis.

4 years olds must be in full time education.

Bookings are for the full course duration, not individual days.

If there are insufficient numbers, sessions may have to be changed or cancelled, you will be notified in advance and refunded in the case of course cancellation.

Booked places may only be cancelled if there is sufficient notice (4 weeks). BAGA membership can not be refunded.

All participants must be members of British Gymnastics if attending more than 2 sessions.

All participants must wear suitable clothing - Leotard or Close Fitting Shorts / T-Shirt & bare feet. No leotards with skirts, trousers or items with buttons / zips. Hair must be tied back neatly using soft bobbles & no jewelery including earrings must be worn.

Please bring a drink, only water is allowed in the gym.

Please leave your shoes on the shoe racks outside the gym & bring all other belongings into the gym.

All gymnasts must be supervised by an adult until the session begins and picked up from the gymnasium by a named adult.

Please arrive at the start of the session ready for the warm up & collect your child promptly at the end of the session the gym will close once the session has ended.

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