











# SGA GYMNASTICS SUMMER CAMPS 2021

**No experience Necessary. Camps open to members & non members!**  
**Come and join us to learn new skills, meet new friends and have lots of FUN!**  
**Hurry & book now, places are limited! Closing Date: 14<sup>th</sup> July**

CAMP		CAMP INFO	Date / Time	Price
<b>Gymnastics Fun &amp; Pass a Badge Camp - (Core proficiency Awards 8-1 &amp; Advanced Awards)</b>  <b>Age 4+ (4 year olds must be in full time education)</b>		The gymnasts will work towards a British Gymnastics Proficiency Badge & Certificate which will be presented at the end of the session. Core proficiency awards start at award 8, please detail any previous awards your child has already passed on the awards section of the booking form. Other activities during the session may include Bars, Beam, Floor, Rings, Vault, Tumble, and Fun in the foam pits	<b>Tue 27th July -</b> 9:00am - 10:00am  <b>Tue 10th August -</b> 9:00am - 10:00am	£11.00  Sessions bookable separately.
<b>Trampoline &amp; Bouncing Fun Camp</b>  <b>Age 4+ (4 year olds must be in full time education)</b>		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 Medal after completing the challenges during the camp.	<b>Tue 27th July &amp; Thurs 29th July -</b>  10:00am - 12:00pm	£30.00
<b>Cartwheel Development Camp</b>  <b>Age 4+ (4 year olds can attend if starting school in September or are already in full time education)</b>		Join us for a session focusing specifically on Cartwheel Development. Gymnasts will work on different cartwheel progressions and apparatus stations to work towards learning and / or improving on the technique of the final skill.	<b>Tue 27th July</b>  12:00pm - 1:00pm	£7.00  
<b>Introduction to Gymnastics at SGA</b>  <b>Age 4+ (4 year olds can attend if starting school in September or are already in full time education)</b>		Calling all Budding Gymnasts to Come and try Gymnastics at SGA. A Block of 3 Fun 1 hour Gymnastics Taster Sessions giving gymnasts the opportunity to try out the fantastic equipment at SGA's specialist gymnastics facility. Have fun on the equipment including the Air Track, Floor, Vault, Tumble, Trampoline & Fun in the Foam Pit.	<b>Wednesdays - 3 Week Block. July 28<sup>th</sup>, August 4<sup>th</sup> &amp; 11<sup>th</sup></b>  4:00pm - 5:00pm	£20
<b>Back Flip Development Camp</b>  <b>Age 7+</b>		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.	<b>Wed 28th July</b>  5:00pm - 6:15pm	£8.50
<b>Somersault Development Camp</b>  <b>Age 7+</b>		Join us for a session focusing specifically on Somersault Development. Gymnasts will be grouped according to age / ability and focus on front and / or back somersaults depending on their previous experience. Gymnasts will work on different somersault progressions and apparatus stations to work towards learning the final skill or for the more advanced gymnasts there will be stations to develop technique, shape and twisting somersaults. Gymnasts must be aged 7+ and be able to perform a rebound jump on a Trampette / springboard and a backward roll / forward roll.	<b>Wed 28th July</b>  6:15pm - 7:30pm	£8.50
<b>Mini Ninja Challenge</b>  <b>Age 5-9</b>		MINI NINJA CHALLENGE: Take part in SGA's fun obstacle course designed for the mini ninjas. The fun 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 session 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.	<b>Tue 3rd August</b>  9:00am - 11:00am	£16
<b>Ninja Challenge</b>  <b>Age 10+</b>		NINJA CHALLENGE: Take part in SGA's toughest Obstacle Course. The gruelling circuits are designed to challenge every gymnast regardless of their age & ability and everyone will be presented with a Ninja Challenge Medal. Other activities throughout the session 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.	<b>Tue 3rd August</b>  11:15am - 1:15pm	£16

<p><b>INFLATA FUN</b></p>		<p>INFLATA FUN: Take part in SGA's structured fun inflatable session. The gym will be filled with all of SGA's fun inflatables and the coaches will run a structured circuit style session including a warm up and cool down. Big kids and little kids will love tumbling, sliding, leaping and bouncing their way around our fun-filled gym. It's not just great fun but is a fantastic way to get active and fit.</p>	<p><b>Wed 4th August</b></p> <p><b>Age 4-6</b> - 5:00pm - 5:45pm</p> <p><b>Age 7-9</b> - 5:45pm - 6:45pm</p> <p><b>Age 10-17</b> - 6:45pm - 7:45pm</p>	<p>£6.50 45 min /</p> <p>£7.00 1 hour.</p>
<p><b>Olympic Challenge</b></p> <p><b>Age 4+</b> (4 year olds must be in full time education)</p>		<p>Become an Olympic gymnast for the day! Gymnasts will be challenged on Men's &amp; Women's Olympic pieces of apparatus, Vault, Bars, Beam, Floor, Rings &amp; Trampoline. Learn new skills &amp; ring the new move bell! Everyone will be presented with a special Olympic Style Medal for their participation in the Olympic Challenge.</p>	<p><b>Thu 5th August</b></p> <p>10:15am -12:00pm</p>	<p>£15.00</p>
<p><b>The Ultimate Gymnastics Camp</b></p> <p><b>Age 4+</b> (4 year olds must be in full time education)</p>		<p>THE ULTIMATE will involve a taster of all aspects of gymnastics. Apparatus work will include, Bars, Beam, Floor, Vault, Trampoline, Ropes &amp; Rings, Rhythmic Gymnastics, Group work, Tumbling, Fast Track, Airtrack &amp; Trampoline. Learn new skills &amp; ring the new move bell! Everyone will be presented with a special Ultimate Medal after completing the challenges during the camp.</p>	<p><b>Tue 10th August &amp; Thu 12th August</b></p> <p>10:00am -12:00pm</p>	<p>£30.00</p>
<p><b>Build up your Basics &amp; Bouncing Fun</b></p> <p><b>Age 4+</b> (4 year olds can attend if starting school in September or are already in full time education)</p>		<p>The session will focus upon the fundamental skills which are the building blocks important for the future development of the gymnast as they progress and increase their skill level. Gymnasts will get the opportunity to try out the fantastic equipment at SGA's specialist gymnastics facility.</p>	<p><b>Tue 10th August</b></p> <p>12:00pm - 1:00pm</p>	<p>£7.00</p> 
<p><b>Tumble &amp; Bounce</b></p> <p><b>Age 6+</b></p>		<p>EVERYTHING BOUNCY!!! Learn New Tumble Skills &amp; have lots of bouncing fun on the Trampoline, Airtrack, Trampoline, Tumble Track &amp; Double Mini Trampoline. Learn how to connect gymnastics skills in a tumble sequence and build up your strength &amp; coordination to help develop your tumble skills</p>	<p><b>Wed 11th August</b></p> <p>5:00pm - 6:15pm</p>	<p>£8.50</p>
<p><b>Stunt Academy - Freestyle Gymnastics</b></p> <p><b>Age 9+</b></p>		<p>The Stunt Academy session will combine elements from martial arts, stunt performance, gymnastics, and parkour. You'll start by getting to grips with some of the basic techniques, kicks, leaps and jumps, then it's over to you. Get creative and express your individuality! Participants will get the opportunity to learn challenging tricks in a safe environment with the help of qualified FreeG coaches.</p>	<p><b>Wed 11th August</b></p> <p>6:15pm - 7:30pm</p>	<p>£8.50</p>
<p><b>INFLATA FUN</b></p> <p><b>&amp;</b></p> <p><b>Pre School INFLATA FUN</b></p>		<p>INFLATA FUN: Take part in SGA's structured fun inflatable session. The gym will be filled with all of SGA's fun inflatables and the coaches will run a structured circuit style session including a warm up and cool down. Big kids and little kids will love tumbling, sliding, leaping and bouncing their way around our fun-filled gym. It's not just great fun but is a fantastic way to get active and fit.</p>	<p><b>Tue 17th August</b></p> <p><b>Pre School ( 2-4 )</b> - 9:00 - 9:45am</p> <p><b>Age 4-6</b> - 10:00 - 10:45am</p> <p><b>Age 7-9</b> - 11:00am - 12:00pm</p> <p><b>Age 10-17</b> - 12:00 - 1:00pm</p>	<p>£6.50 45 min /</p> <p>£7.00 1 hour.</p>

**Limited Spaces on Each Camp! Hurry & Book your place NOW to avoid disappointment!**

**Book your place here: <https://scarborough-gymnastics.class4kids.co.uk/>**

**Closing Date: Thursday 14<sup>th</sup> July**

Scarborough Gymnastics Academy Barry's Lane Leisure Complex, Scarborough, YO12 4HA.

www.scarboroughgymnastics.co.uk EMAIL: info@scarboroughgymnastics.co.uk Text: 07879470529

**British Gymnastics**  
More than a sport

