

Gymnastics

W7: July 22-July 26

W8: July 29-August 2

9:00 a.m.-12:00 p.m. Entering grades K-6

Gymnastics helps build strength, flexibility, and coordination; it is also a confidence-builder and an excellent way to cross-train. In this concentrated week of athletic training, coaches will assess individual skill levels and tailor coaching to participants' personal needs and goals. Campers learn how to safely use gymnastics equipment, improve existing strengths, and tackle new, challenging skills! You'll flip for this exciting camp! \$240 Instructor: Golden Gymnastics