

Jump into Gymnastics

W2: June 13-June 17

W7: July 18-July 22

W8: July 25-July 29

9:00 a.m.-12:00 p.m. Entering Grades 2-5

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!

Cost: \$280

Instructor: Golden Gymnastics