

EVERYONE IS INVITED!

Vega

SUMMER

CAMP 2023

## General Info

*\$35 registration fee  
if not currently  
enrolled in classes*

*Hair should be worn up*

*If you don't own a leotard, then shorts and a t-shirt are recommended.*

*For 'Outside Fun' please bring a bathing suit and a towel!*

*Please do NOT pack snacks/lunches containing Peanuts.*

*Ages 5 - 15 years old*

*Registration open for one week or multiple!*

*No refunds or makeups*

*Bring your friends*

## Dates

### **1: July 5 -- July 7: Party in the USA**

*Celebrate the USA while we do some star-spangled gymnastics.*

### **2: July 10 - July 14: Olympic Gymnastics**

*Let the games begin! Learn gymnastics skills on all apparatus.*

### **3: July 17 - July 21: Challenging our champions**

*Daily challenges to be faster, stronger, better*

### **4: July 24 - July 28: Going for Gold**

*Competing for the USA in multiple summer sports and games*

### **5: July 31 - August 4: NinjAction Week**

*Developing speed agility and balance in ninja-styled obstacle training*

### **6: August 7 - August 11: Dream Team Week**

*Cooperative team-based games and contests*

### **7: August 14 - August 18: Sportastics**

*Daily games and contests based on gymnastics & other sports from around the world.*

### **8: August 21 - August 25: Superstar Showcase**

*Putting skills together into performance style routines*

## Cost per week

8:30AM-2:30PM \$390

## Cost per day

8:30AM-2:30PM \$100

### Extended hours

\$8 PER HOUR

### Sibling Discount 10%

5 Days \$390

4 Days \$335

3 Days \$280

2 Days \$195

## Daily Schedule

8:30 - 9:00: Warm up

9:00 - 9:35: Gymnastics Adventure Part 1

9:35 - 10:10: Gymnastics Adventure Part 2

10:10 - 10:45: Outside Fun

10:45 - 11:15: Energy Break/ Arts + Crafts

11:15 - 11:50: Trampoline & Tumble Track Jungle

11:50 - 12:30: Lunch Time

12:30 - 1:10: Exciting Gymnastics Games in the Gym!

1:10 - 1:45: Fitness Exercise to build strength

1:45 - 2:30: Themed Games and Goodbyes!

## Contact us!

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