**Gymnastics Camp**: **Beginner & experienced boys & girls are all welcome!**

Wednesday, June 28th-Friday, June 30th

**Who:** Boys/Girls of any skill level entering grades K-6 who want to do gymnastics! Groups will be divided by age and skill level.

**What:** Instruction on all four gymnastics events (vault, bars, beam, floor) plus related conditioning and dance.

**Where:** Newport High School in the Outside Gym

**When:** Choose from “Session 1” which runs from 9:00 a.m.-12:00 p.m. or “Session 2” from 1:00 p.m.-4:00 p.m.

(Both Sessions will run Wednesday-Friday, for a total of 3 days)

**Cost:** $150, $40 discount for siblings who register at the same time (2 siblings = $260). Includes a camp t-shirt!

**$20 discount for registering by March 15th!**

**Staff:** Melissa Baker, 10 years experience

**Questions:** Contact Melissa Baker at newportgymbooster@gmail.com

**Sample Schedule:**

9:00 a.m.-9:20 a.m. Dynamic Stretching, 9:20-9:50 a.m. Rotation #1 (Example: Spring board drills, jumping drills on vault, vaulting for more advanced athletes), 9:50-10:20 a.m. Rotation #2 (Example: Bars), 10:20-10:30 a.m. BREAK for snack (please bring your own snack and water bottle each day), 10:30-11:00 a.m. Group game!, 11:00-11:30 a.m. Rotation #3 (Example: Balance Beam), 11:30-12:00 p.m. Rotation #4 (Example: Floor exercise)

**Sign up now! Space is limited for the safety of your athlete!**

**To register, visit** [**www.newportgymnastics.wordpress.com**](http://www.newportgymnastics.wordpress.com)**.**

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