

HEAD OVER HEELS GYMNASTICS

CAMP 2014-2015

2015 CAMP DATES

February 16-20, 2015
April 20-24, 2015
June 22-August 28, 2015

A fun and healthy alternative to day care!

DAILY CAMP SCHEDULE

8:00-9:15 Extended Day (AM)
9:30 Warm Up
10:00 Gymnastics Rotations
11:20 Popsicle Break
11:30 Open Workout/Crafts
12:00 Lunch
Half Day Dismissal
12:45 Bus to Webb's Pro Fitness
1:00 Swimming at Webb's
2:00 Snack/Arts & Crafts
2:35 Gymnastics Rotations
Games/Activities
3:30 Full Day Camp Dismissal
3:30-5:30 Extended Day (PM)

Head Over Heels offers a fun and flexible camp program for kids of all abilities (ages 4 and up)! Children are grouped by age and ability, so whether you are just starting out or are an advanced gymnast, you will have both a fun and challenging experience here at Head Over Heels. HOH offers partial week options, family discounts, and an extended day program (great for working parents!)

HOH will help your child reach his or her **PERSONAL BEST** with:

- Fun weekly fitness challenges!
 - Skill-building clinics!
 - Strength and cardio activities!
- ...all in our fully air-conditioned gym!



CAMP OVERVIEW

Half Day Camp - ages 4 and up
(9:30am - 12:00pm)

Full Day Camp - ages 5 and up
(9:30am - 3:30pm)

ALL CAMPERS MUST HAVE:

1. **Current Health Form** including date of the last physical.
2. **Pick-Up Authorization** for non parent/guardian pick-up.
3. **Medication Forms** if any medication will need to be administered while at camp.

The morning is dedicated entirely to gymnastics and is great for those children of all ages who want extra work on their gymnastics skills. The half day program is also perfect for younger children who are nervous about being away from home for a full day.

Full day camp includes the same fun morning activities as our half day camp, including gymnastics rotations, open gym time, and a popsicle break. Children who stay for the full day also enjoy lunch, games, arts and crafts, EXTRA gym time, and **swimming at Webb's Pro Fitness!**

Extended Day Program

Early drop-off is available anytime after 8:00am until the start of Late day pick-up is available from the end of camp at 3:30pm until 5:30pm. Extended day activities include games, arts and crafts, movies and other quiet activities. Your child is welcome to bring a snack from home.

