

**2024**

 **Trampoline & Tumbling Camp**

**August 6 & 8**

**9:00 –12:00**

**Team Camp**

**July 15 – 18**

**9:00 – 3:00**

**Level 2 – Advanced Camp**

**July 22, 23, 25**

**9:00 – 1:00**

**JUNE**

**JULY**

**GGAC SUMMER CAMPS**

**Ninja Camp**

**June 18 & 20**

**9:00-12:00**

**Beginner-Intermediate Camp**

**June 18 & 20**

**9:00 – 12:00**

**AUGUST**

Limited enrollment. Camps will fill quickly. Deposit MUST be turned in with registration form to hold your spot. Download forms at greenvillegymnasticsacademy.com

**724.588.8166**

**REGISTRATION OPEN!!**

**Team Camp**

**Camp is open to LEVELS 3-10**

July 15 - 18

Day in the life of camp:

 9:00 – 9:30 Stretch

 9:30-10:00 Basics, Dance, Flexibility

 10:00 – 11:00 Vault (Rotation 1)

 11:00 – 12:00 Bars (Rotation 2)

 12:00 – 1:00 Lunch & Games

 1:00 – 2:00 Beam (Rotation 3)

 2:00 – 3:00 Floor/Tramp (Rotation 4)

$315.00

**\*Girls are grouped by levels.**

**\* Updated drills and skills for compulsories and optionals**

**\*Team Building**

**\*Mental Training**

**\*Coaches training available**

**\*Training in Vault, Bars, Beam, Floor, Tramp & Dance**

Check out our website for registration forms.

[www.greenvillegymnasticsacademy.com](http://www.greenvillegymnasticsacademy.com)

Have questions? Call us at:

724-588-8166

LEVEL 2 - Advanced CAMP



$145.000

Camp is open to ages five & up. Experience necessary.

Day in the life of camp:

 9:00 – 9:30 Stretch

 9:30-10:00 Basics. Flexibility, Body Shaping

 10:00 – 10:30 Vault (Rotation 1)

 10:30 – 11:00 Bars (Rotation 2)

 11:30 – 12:00 Beam (Rotation 3)

 12:00 – 12:30 Floor (Rotation 4)

 12:30 – 1:00 Tramp (Rotation 5 )

July 22, 23, 25 9:00 – 1:00

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\*Girls are grouped by levels.

\* Updated drills and skills for the new compulsories

 \*Team Building

\*Goal Setting

\*Coaches training available

\*Training in Vault, Bars, Beam, Floor, Tramp & Dance

**Beginner – Intermediate Camp June 18 & 20**

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Day in the life of camp:

 9:00 – 9:30 Stretch & Basics

 9:30-10:00 Tramp & Floor

 10:00 – 10:30 Vault (Rotation 2)

 10:30 – 11:00 Bars (Rotation 3)

 11:30 – 12:00 Beam (Rotation 4)

$95.00

Camp is open to ages four & up. No experience necessary.

Check out our website for registration forms.

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Have questions ? Call us at:

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\*Athletes are grouped by ability.

\* Instruction Vault, Bars, Beam Floor and Trampoline

\* Team Building Games

Non-members welcome!!

**Trampoline & Tumbling Camp**

\*Spring Floor

\*Foam Pit

\*30 Foot Trampoline

\*Overhead spotting system

\*Air Track

\*2 Mini Tramps

\*Drill stations and more

Day in the life of camp:

 9:00 – 9:30 Stretch

 9:30-10:00 Basics, Jumps, Flexibility

 10:00 – 10:30 Front Tumbling (Rotation 1)

 10:30 – 11:00 Back Tumbling (Rotation 2)

 11:30 – 12:00 Trampoline

Camp is open to ages six & up. No experience necessary.

$95.00

 **August 6 & 8**

\*Athletes are grouped by ability.

\* Updated drills and skills

\* Team Building

\*Coaches training available

\*Training in tumbling, Trampoline, and Jumps.

Cheerleaders and non-members welcome!!

Check out our website for registration forms.

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Have questions ? Call us at:

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Ninja Camp

Camp is open to ages four & up. No experience necessary.

Check out our website for registration forms.

[www.greenvillegymnasticsacademy.com](http://www.greenvillegymnasticsacademy.com)

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$95.00

Day in the life of camp:

 9:00 – 9:30 Stretch

 9:30-10:00 Basics, Jumps, Flexibility

 10:00 – 10:30 Obstacle course (Rotation 1)

 10:30 – 11:00 Tramp & Tumbling (Rotation 2)

 11:30 – 12:00 Open gym

**JUNE 18 & 20**

$95.00