

# Gymnastics Express Too 2016

Join us this year for our summer camp and recreational programs in our 15,000 foot **AIR CONDITIONED** facility. Our weekly summer camp includes gymnastics, crafts, games, dance, water activities, and more! Registration is by the day, by the week, or all summer long! Full payment is due at the time of registration. You may contact the gym with further questions at 860-659-2200.

\*Siblings receive a 10% discount on all programs. A \$10 registration fee will be charged for all gymnasts not registered yet this school year.

DATES			
Week 1	June 20 – June 24		
Week 2	June 27 – July 1		
Week 3	July 5 - 8 (4 DAYS)		
Week 4	July 11 - 15		
Week 5	July 18 – 22		
Week 6	July 25 – 29		
Week 7	Aug. 1 – 5		
Week 8	Aug. 8 –12		
Week 9	Aug. 15 –19		

## <u>Classes</u> AM Pre-School Gymnastics Ages 2-5

Morning preschool classes will be held <u>2</u> days per week in accordance with the schedule below. These 45 minute classes provide a safe, fun environment in which children begin learning gymnastics skills as well as learning to follow a sequence of events. **Cost - \$19/class or \$36/week.** 

# Tumbling Tykes (w/adult): $2 - 3\frac{1}{2}$ year olds

Tuesday & Thursday: 9 - 9:45am

Jumping Juniors: 3 ½ - 5 year olds Tuesday & Thursday: 9 - 9:45am

# Term **4** Classes:

Session 1: June 28 – July 20 Session 2: July 26 – August 17

\*Registration is for one class per week. One make-up allowed per session – must be prescheduled (4 week sessions)

#### **Jumping Juniors** Ages 3.5 – 5

These 45 minute preschool classes provide a safe, fun environment for children to begin learning gymnastics skills through and follow a sequence of events.

Cost - \$19/class or \$70/session

Tuesday: 5:00 - 5:45pm Wednesday: 5:30 - 6:15pm

# Junior Express

Ages 5-6

This one hour class is a progressive program designed to teach the fundamental skills needed to build a strong foundation for future gymnastics.

#### Cost - \$22/class or \$80/session

Tuesday: 6 – 7pm Wednesday: 5:30- 6:30pm

## **Boys & Girls Express**

### Ages 7 – 11

This 1 ¼ hour program provides gymnastics instruction on all Olympic events. Classes will be grouped by age and ability as best as possible.**Cost - \$24/class or \$90/session** 

Tuesday: 6 – 7:15pm Wednesday: 5:30 – 6:45pm

## Day Camp Half-day Program

Ages 3 1/2 - 12

Monday through Friday from 8:30am – 12pm. This program includes gymnastics instruction on all Olympic events, including the use of our 30 foot Tumble Trak and 2 inground foam pits, as well as arts & crafts, dance, games, outdoor water play and more. A morning snack will be provided. Each week follows a different theme which is incorporated into activities throughout the day. Children must be 3½ and potty trained to attend. **Cost - \$45/day or \$190/week Early drop off 8 – 8:30am (Complimentary)** Late Pick-up 12:00-12:30pm: **\$5/day or \$25/week** 

## **Summer Camp: Theme Weeks**

Every week of summer camp will include GYMNASTICS, games, arts & crafts, fitness, outdoor water games and FUN!

#### Week 1: June 20<sup>th</sup> – June 24<sup>th</sup> *"Welcome to the Jungle!"*

We have some wild activities planned for this week, filled with gymnastics, arts & crafts, games and more. Come monkey around with our safari guides and finish the week with a scavenger hunt!

#### Week 2: June 27<sup>th-</sup> July 1<sup>st</sup> *"Mad Science!"*

Eureka! Come explore the world of science this week. We will defy gravity on the trampoline and spring to new heights on the vault. Then we will head into the lab for some experiments and new discoveries.

#### Week 3: July 5<sup>th</sup> – 8<sup>th</sup> *"Rock N' Roll USA!"*

We will be moving and grooving through this week American style! Come rock out the red, white, and blue with music, dancing, relays, games and more!

#### Week 4: July 11<sup>th</sup> – 15<sup>th</sup>" *Pirates & Princesses"*

Arggh!! All 'mateys' aboard for this high seas adventure. Spend this week doing gymnastics, creating your own pirate/princess gear and finish the week with a souvenir. Climb our castle to save the princess. Help find the buried treasure or walk the plank!

#### Week 5: July 18<sup>th</sup> – 22<sup>nd</sup> *"Superheroes"*

Got what it takes to be a hero? Try to complete the ultimate obstacle course of the day and challenge other superheroes to skill performances. Superhero team & individual activities take place all week. You may even get to meet a real life super hero before it's over.

#### Week 6: July 25<sup>th</sup> – 29<sup>th</sup> *"Beach Bums"*

ALOHA! We will be riding the waves through this week with beach games, pit surfing, sand art, and more! Come show off our hula hooping skills at our LUAH...gymnastics style!

#### Week 7: August 1<sup>st</sup> – 5<sup>th</sup> *"Star Wars!"*

This summer...in a galaxy not far away, our staff of Jedis recruit the help of new young Padawans! Align against the imperial forces in this fan-favorite camp week. See if you've got what it takes to be a Jedi Knight.

#### Week 8: August 8<sup>th</sup> –12<sup>th</sup> *"Mini-Olympics"*

In celebration of one of our favorite events, we're hosting our very own Olympics right here in the gym! Join us and complete for the gold medal in a variety of sports and games. Everyone is a champion!

#### Week 9: August 15<sup>th</sup> – 19<sup>th</sup> *"It's a Mystery"*

Put your thinking caps on because this week will be filled with clues and codes to crack! Each day's theme will be a mystery, celebrating some of our favorite themes from the summer. Follow the clues to a special surprise!

#### Gymnastics Express Too Registration Form - Summer 2016

NAME	AGEDA <sup>-</sup>	TE OF BIRTH	_//		
ADDRESS					
CITYZIP	Y HOME PHONE#				
CELL PHONE #EMAIL	P	ARENT NAME:			
HOW DID YOU HEAR ABOUT US?					
ANY ALLERGIES OR HEALTH INFORMATION WE SHOULD BE AWARE OF:					
Has your child been a GET/NEGX student this year?	YesNo				
Please check off the program, weeks and times you are choosing.					
Half day camp (\$45/day or 190/week)	Week 1 (6/20 - 6/24) Week 2 (6/27 - 7/1) Week 3 (7/5 -7/8)(short) Week 4 (7/11 - 7/15) Week 5 (7/18 - 7/22) Week 6 (7/25 -7/29) Week 7 (8/1 - 8/5) Week 8 (8/8 - 8/12) Week 8 (8/8 - 8/12) Week 9 (8/15 - 8/19) Term 4: Session 1	Days Days Days Days Days Days Days	Program    Program		
Amount					
PLEASE READ AND SIGN BELOW.    IUNDERSTAND THE SPORT OF GYMNASTICS INVOLVES CERTAIN RISKS AND RECOGNIZE THOSE POTENTIALLY SEVERE INJURIES,    INCLUDING BUT NOT LIMITED TO PERMANENT PARALYSIS OR DEATH CAN OCCUR IN ANY ACTIVITY INVOLVING HEIGHT OR MOTION. I    VOLUNTARILY CONSENT TO THE ABOVE MENTIONED PERSON PARTICIPATING IN CHAGNON & SCANLON, LLC DBA GYMNASTICS EXPRESS    TOO.  PROGRAMS AND ACCEPT ALL RISKS ASSOCIATED WITH THAT PARTICIPATING IN CHAGNON & SCANLON, LLC DBA GYMNASTICS EXPRESS    TOO.  PROGRAMS AND ACCEPT ALL RISKS ASSOCIATED WITH THAT PARTICIPATION.    IN CONSIDERATION FOR ALLOWING MY CHILD TO USE THESE FACILITIES, I HEREBY FOREVER RELEASE AND CONVENANT NOT TO SUE    CHAGNON & SCANLON, LLC DBA GYMNASTICS EXPRESS TOO, ITS OFFICERS, EMPLOYEES, VOLUNTEERS AND OTHERS ASSOCIATED WITH    THE CORPORATION FROM ALL LIABILITY FOR ANY AND ALL DAMAGES AND INJURIES SUFFERED BY MY CHILD WHILE UNDER THE    INSTRUCTION, SUPERVISION, OR CONTROL OF CHAGNON & SCANLON, LLC DBA GYMNASTICS EXPRESS TOO.    AS LEGAL GUARDIAN OF THE ABOVE MENTIONED CHILD, I HEREBY AGREE TO INDIVIDUALLY PROVIDE FOR ALL POSSIBLE FUTURE    MEDICAL EXPENSES WHICH MAY BE INCURRED BY MY CHILD AS A RESULT OF ANY INJURY SUSTAINED IN TRAINING OR PERFORMANCE    FOR CHAGNON & SCANLON, LLC DBA GYMNASTICS EXPRESS TOO.    I HAVE READ AND UNDERSTAND THIS ACKNOWLEDGEMENT OF RISK AND WAIVER OF LIABILITY AND I VOLUNTARILY AFFIX MY NAME IN    AGREEMENT.    PERIODICALLY, WE WILL BE TAKING PICTURES TO BE PUBLISHED ON OUR WEBSITE AND/OR PRINT MED					
PARENT OR LEGAL GUARDIAN'S SIGNATURE DATE					