



2024

**SUMMER
CAMPS**

1501 Cedar Ave, Trail BC

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www.trailgymnastics.ca

Program Information

Preschool Gymnastics Sessions

These circuit based **co-ed** sessions are aimed at the young gymnast aged **3-5** years to introduce them to the fundamentals of gymnastics including vault, bars, beam, floor and tumble track (long tumbling trampoline). Focus is on promoting physical literacy through fun activities!

Cost: \$50 /week

Recreational Gymnastics Sessions

These **co-ed** sessions are focused on school age children **6-12** years (must have completed kindergarten) and introduce them to the fundamental movement patterns of gymnastics alongside learning new skills on vault, bars, beam, floor and tumble track. Focus is on skill development through progressions, promoting physical literacy by developing athletic abilities (agility, balance, coordination and speed) and of course, having fun with lots of games and team work!

Cost: \$150 /week

Competitive Sessions

These sessions are aimed at the our competitive team gymnasts who want to learn new skills and polish up old ones. Only newly selected and current competitive gymnasts can attend these camps.

Cost: \$150 /week

Development Training: Competitive Only

This session is designed to get you into shape through a week of conditioning alongside working on fun, new skills to get you prepared for the upcoming season.

Cost: \$200 /week

When

Week 1: July 8-11 9:00am-9:45am **Preschool Gymnastics**

10:00am-1:00pm **Recreational Gym**

Week 2: July 15-18 9:00am-9:45am **Preschool Gymnastics**

10:00am-1:00pm **Competitive Gym**

Week 3: July 22-25 9:00am-9:45am **Preschool Gymnastics**

10:00am-1:00pm **Recreational Gym**

Week 4: J 29-Aug 1 9:00am-9:45am **Preschool Gymnastics**

10:00am-1:00pm **Competitive Gym**

Week 5: Aug 6-9 9:00am-9:45am **Preschool Gymnastics**

10:00am-1:00pm **Recreational Gym**

Week 6: Aug. 12-15 9:00am-1:00pm **Competitive Conditioning &
Development**

Bring a water bottle for all classes

Bring a snack for all 3-4 hour classes

Registration opens May 13th at 7:00 am

How to Register

Go to our website, <https://trailgymnastics.uplifterinc.com>. You can select programs to register for on the Registration page. Once you select a program, you will be prompted to login to your account if you have one, or create a new account if you do not.

Preschoolers must be at least 3 to attend as these programs are unparented and directed at independent children. This includes being independent in the washrooms.

5 year olds that have NOT completed kindergarten will register into preschool programs.

5 year olds that HAVE completed kindergarten will have the option to register into the 3 hour program or the preschool program.

There is a \$25 GBC insurance fee that MUST be paid if not already registered for the 2023-2024 season.

Min/Max numbers apply; programs may be cancelled if minimum numbers are not met. Dates are subject to change.

Refunds within 2 weeks of class start will only be issued upon receipt of a Doctor's note.

Payments are accepted by:

E-transfers to payments@trailgymnastics.ca

Credit card through your Uplifter Account