



GRAND RAPIDS
G★R★G
GYMNASTICS

SUMMER CAMP

2017

June 12th-August 25th
GRGymnastics.com | 616.975.2992

If your child is 4 years or older, then they are in for an amazing week! From the foam pits to the trampolines, gymnastics to swimming or using their creativity through cool crafts, campers will make memories that last a lifetime.



2017 SUMMER CAMPS --\$99

****9AM-NOON EVERYDAY****

Note: EVERY WEEK INCLUDES...1 Day of OPEN Swim time at Watermark Country Club unless otherwise stated. (weather permitting)

SPORTS MIX

You'll enjoy gymnastics for the first hour and then join your friends in a sporting event each day. From T-ball to Soccer, Volleyball to Ga-Ga ball. if it has a ball in it we'll be playing it!

TRAMPOLINE/GYMNASTICS

Your child will learn the fun and safe way to have a blast on a trampoline. Everyday we will teach safety, correct jumping techniques and new skills. Along with improving your gymnastic skills, this camp won't dissappoint.

JUST GYMNASTICS

Gymnastics from 9-Noon EVERY DAY. Work on improving your gymnastic skills at GRG. From floor work to bars, balance beam to trampoline and vault, we'll work on all the events.

NINJA CAMP

The art of moving through obstacles by running, climbing or leaping rapidly. Campers will practice body control, coordination and aerial awareness as they vault, flip, twist, roll, jump and balance.





Register at GRGymnastics.com

2017 SUMMER GYM/SWIM CAMPS -\$109

9AM-NOON EVERYDAY

SPORTS MIX/SWIMMING

Spend time at the gym while also learning to swim. Everyday start your morning in the gym and then end your morning learning to swim at Watermark Country Club.

WSI Certified Instructor from Watermark Country Club.



CHEER CAMP. -\$99

GRG's Cheer camp is perfect for an aspiring or experienced cheerleader. We will focus on proper tumbling technique, jumps, and stunts. Cheer campers will learn a choreographed routine that will be performed at the end of the camp week for parents.



CAMP SCHEDULE - June 12th-August 25th

CAMP Time: 9am-Noon everyday	1 6/12-16	2 6/19-23	3 6/26-30	4 7/3-7	5 7/10-14	6 7/17-21	7 7/24-28	8 7/31-8/4	9 8/7-11	10 8/14-18	11 8/21-25
Cheer	\$99			NO CAMP RUNNING							
Just Gymnastics			\$99			\$99			\$99		
Ninja											\$99
Sports Mix		\$99									
Trampoline/Gymnastics						\$99					\$99
SWIM LESSONS											
Sports Mix/Swim								\$109	\$109		

Note: August Camps are NOT guaranteed a Swim Day. If day becomes available we will participate.

**Register at GRGymnastics.com
or call 616.975.2992**

TYPICAL DAY AT CAMP

9am - Drop Off
 9:15am- Warm-up/Stretch
 9:20am-10:30am - Gymnastics
 10:30am - Snack time
 10:45am - Afternoon Activity
 12:00pm - Pick-up

WHAT DOES MY CAMPER NEED TO BRING?

- Snack and waterbottle Everyday.
- Sunscreen, Bathing Suit and Towel on Swim Days.
- Wear comfortable clothes. Sport Shorts or Leotards suggested



DISCOUNTS AVAILABLE

- Register a child for more than one camp. Get 20% off each additional camp.

- 10% multiple child discount.

- Full Payment due upon registration.
- \$25 cancellation fee

** Child must be potty trained