

# 2018 Gymnastics SUMMERsault CAMP

For a fun and active summer!



Our SUMMERsault CAMP provides an excellent avenue for physical activity, confidence and fun! Gymnastics is all about having fun, getting fit, and learning fundamental skills which promote flexibility, strength and balance. Keep your child active, safe and learning with our outstanding coaches.

Camp includes gymnastics & tumbling instruction, games, arts & crafts and so much more. Time is spent in all areas of the gym including the foam pit and trampolines.

## Frequently Asked Question

### Who can attend this camp?

Girls and boys 4 years old and over. Children under 4 are permitted on a case by case basis. Most of our campers are beginner gymnasts, but many intermediate and advanced gymnasts also attend camp! Your child just needs to enjoy being active and have fun!

### What should my child wear?

Girls can wear a leotard or comfortable shorts and a T-Shirt/tank top. Boys should wear comfortable shorts and a T-Shirt. Jewelry is not permitted & hair should be tied up. Shoes are not allowed in the gym. No jeans or oversized clothing!

### What should my child bring?

All campers should bring plenty of water and a healthy snack. Campers can use our microwave and refrigerator.

### How do I sign-up?

To sign-up, please email [shanghai.gymnastics@gmail.com](mailto:shanghai.gymnastics@gmail.com) or call **186-2178-1281**. Additional weeks/dates can always be added at a later time. Camp tuition must be paid at the time of registration with cash.

## About Shanghai Gymnastics

Shanghai Gymnastics Club provides Shanghai's top recreational and competitive gymnastics programs in three fully-equipped training centers in Pudong and Puxi. Founder Ted Wang is an American gymnast and certified coach with more than 20 years of gymnastics experience, including competing as a University of Michigan NCAA athlete and training with the Shanghai Provincial Team. Join the growing Shanghai Gymnastics family today!

**SHANGHAI GYMNASTICS**  
美乐国际运动馆快乐体操俱乐部

[www.shanghaigymnastics.com](http://www.shanghaigymnastics.com) / 186-2178-1281 / [shanghai.gymnastics@gmail.com](mailto:shanghai.gymnastics@gmail.com)

**JINQIAO GYM (PUDONG):** 1000 Jinsui Lu, 2nd/F, Block A, Near Longqiao Lu 浦东新区金穗路1000号A区2楼 近陇桥路

# SUMMERsault CAMP 2018



## CAMP DATES

Week 1 June 25 - June 29

Week 2 July 2 - July 6

Week 3 July 9 - July 13

Week 4 July 16 - July 20

Week 5 July 23 - July 27

Week 6 July 30 - August 3

Week 7 August 6 - August 10

Week 8 August 13 - August 17

Week 9 August 20 - August 24

## CAMP SCHEDULE

9:30 am - 10:30 am Warm-up + Gymnastics

10:30 am - 10:40 am Break

10:40 am - 11:50 am Gymnastics

11:50 am - 12:00 pm Break

12:00 pm - 12:30 pm Gym Games

## AGES & LEVELS

Girls and boys 4 years old and over. Children under 4 are permitted on a case by case basis. Most of our campers are beginner gymnasts, but many intermediate and advanced gymnasts also attend camp!

## CAMP LOCATION

**JINQIAO** 1000 Jinsui Lu, 2nd/F, Block A, Near Longqiao Lu  
浦东新区金穗路1000号A区2楼 近陇桥路

**PUXI** There will be no camp in Puxi this year.

## CAMP TUITION

**Half Week  
(3 days)** 1,650 RMB

**Full Week  
(5 days)** 2,100 RMB

**Registration Fee** 50 RMB \* Required for all campers not registered in previous gymnastics term.

**Discounts** 5% Early-bird pay before June 1

10% Siblings discount

10% Multiweek sign-ups

\* **Camp must be paid in full to receive discounts**

## CAMP REGISTRATION

Boys and girls of all ages, levels and body types are welcome! To sign-up, please email call 186-2178-1281 or email [shanghai.gymnastics@gmail.com](mailto:shanghai.gymnastics@gmail.com) with the following information:

- Camp week(s)
- Child's name, age and gymnastics experience if relevant
- 3 days or 5 days camp