

Course Description

Gymnastics Camp

For gymnasts of all levels you will learn new skills, and polish the old ones. Work on all events and have a great time making new friends.

Fitness Camp

This camp is for any athlete. We will learn about strength training, cardiovascular exercise, flexibility, and nutrition, all while playing a variety of sports. A portion of your child's fees goes to Children's Miracle Network.

Cheer Camp

For anyone who wants to cheer or work on their tumbling this camp is for you! Coach Alex from Rio Rancho Sue Cleveland High School is here to teach you stunts, cheers, and basic tumbling. Coach Gabe will help you with any advanced tumbling.

Tumble Camp

Get a start on learning your back handspring or maybe a back tuck or front tuck. You can also learn a front handspring or a dive roll. If you want to flip, this camp is for you!

SUMMER CAMP 2009



Rio Gymnastics Center LLC
Summer Camps 2009
June 1st - July 31st



333 Academy Dr
Corrales, NM 87048
(505) 897-4222
Riogymnastics.com
riogymnstics@yahoo.com

Morning Camps
9:00AM -1:00 PM

- \$75.00 per week plus a one time \$20.00 registration fee.
- Sibling receives a 10% discount
- Ages 3 and up (MUST Be potty trained)
- Extended care available at 8:30 AM for an additional \$5.00/day
- Arts and Crafts, games, walks, jump houses, water play, and lots of fun!
- Drop in for the day with 24 hour notice.
- Please see back of this flyer for course description.

You will need to provide a lunch and Water bottle every day.

***No Clothing with zippers, snaps, or buttons are allowed! Long hair must be pulled back in a pony tail.**

SIGN ME UP!

Childs Name

Age _____

Parents Name

Phone # _____

A \$10.00 non refundable deposit must be received in our office to secure your spot no later than 2 weeks before the start of the camp. Payment in full must be received 1 week before the start date. Limited number of spaces available per week. Daily rates are also available at \$20.00 per day.

June 1-5
June 8-12
June 15-19
June 22-26
July 6-10
July 13-17
July 20-24
July 27-31

Gymnastics Camp
Tumble Camp
Fitness Camp
Tumble Camp
Gymnastics Camp
Cheer or Fitness Camp
Cheer Camp
Gymnastics Camp