



# SUMMER HOLIDAY

## GYMNASTICS CAMPS 2016



**Holiday Gymnastics Sessions For Age 4+ years**  
**No experience Necessary! Come and join us to learn new skills, meet new friends and have lots of FUN!**

### The Ultimate! Gymnastics Summer Camp!

**Wed 27th July - 12.30-3.30pm**



**THE ULTIMATE** will involve a taster of all aspects of gymnastics. Apparatus work will include, Bars, Beam, Floor, Vault, Trampoline, Rhythmic Gymnastics, Acro & Group work, Tumbling, Airtrack & Trampoline. Test your gymnastics strength & fitness and take the Monkey Club Challenge, learn new skills & ring the new move bell! Everyone will be presented with an exclusive Monkey Club Certificate on completion of the set challenges. **(Bring a Drink & Snack)**

### Trampoline & Bouncing Fun

**Wed 3rd & Fri 5th August**



**EVERYTHING BOUNCY!!!!!!** Learn New Floor Skills & have lots of bouncing fun on the Trampoline, Airtrack, Trampoline, Tumble Track, Double Mini Trampoline & Vault. Everyone will be awarded with a special SGA trampoline and rebound certificate for all their hard work & completion of the challenges during the camp. **(Bring a Drink & Snack)**

### SPECIAL OFFER!!!

**BOOK THE OLYMPIC CAMP AND YOUR CHOICE OF ANY TWO OTHER CAMPS & RECEIVE A FANTASTIC £10 DISCOUNT.**

**Limited Spaces in all Camps! Hurry & Book your Place Now to avoid disappointment!**

**Closing Date: SATURDAY 16th JULY!**

#### **Scarborough Gymnastics Academy**

Barry's Lane Leisure Complex, Scarborough, YO12 4HA.  
www.scarboroughgymnastics.co.uk  
EMAIL: info@scarboroughgymnastics.co.uk

### Olympic Challenge Gymnastics Camp

**Tue 2nd & Thurs 4th August**



**4-7pm - £33.00**



Become an Olympic gymnast for the day! Gymnasts will be challenged on mens & womens Olympic pieces of apparatus—Vault, Bars, Beam, Floor, Rings & Trampoline as well as trying out the Rhythmic gymnastics apparatus. Learn new skills & ring the new move bell! Everyone will be presented with a special Olympic Style Medal for their participation in the Olympic Challenge. **(Bring a Drink & Snack)**

### Gymnastics Fun & Pass a Badge Camp!

**Tuesday 9th August—4-6.30pm £17.50**

The **Pass a Badge & Gymnastics Fun Camp** will include, Bars, Beam, Floor, Rings, Vault, Tumble and Fun in the foam pits. In addition to everyone will work towards a British Gymnastics Badge & Certificate which will be presented at the end of the camp. **(Bring a Drink & Snack)**



### Ninja Hero Challenge



**Thursday 11th August 4-6.30pm - £14.00**

**NINJA CHALLENGE:** Take part in SGA's toughest Obstacle Course and become SGA's Ninja Champion. The grueling circuits will be designed to challenge every gymnast regardless of their age & ability and everyone will be presented with a Ninja Hero Medal. Participants can also enter a timed challenge circuit to see who is SGA's fastest Ninja and win a trophy! Other activities throughout the day will include exercises to build strength, agility, flexibility, speed, and include general body conditioning exercises as well as getting a chance to use all of SGA's fantastic gymnastics apparatus. **Bring a Drink & Snack-**

#### **Important!**

**SGA may run outdoor activities on the field as part of the camps. Bring Trainers, SunCream, and a Hat.** Other activities throughout the camps may include: Fun & games, pit races, team games, parachute activities, fun obstacle course & games, crafts, colouring & quizzes.

# SGA 2016 SUMMER CAMP BOOKING FORM

Name \_\_\_\_\_

Age \_\_\_\_\_ D.O.B \_\_\_\_\_

Address \_\_\_\_\_

Tel: \_\_\_\_\_ Mobile: \_\_\_\_\_

Alternative Emergency Contact \_\_\_\_\_

Email \_\_\_\_\_

Important!: Booking Confirmation will be sent be email.

Any Dietary / Medical Requirements? \_\_\_\_\_

Any Other Info / Previous Experience? \_\_\_\_\_

My child has already passed the following BAGA Proficiency / Apparatus / Monkey Club /  
Gymnastics Awards (Detail All) \_\_\_\_\_

I would like to book a place for my daughter / son, on the following camps: (tick)

- ♦ Ultimate Summer Gym Camp @ £15.50 ☐
- ♦ Olympic Gymnastics Camp @ £33.00 ☐
- ♦ Trampoline & Bouncing Fun Camp @ £31.00 ☐
- ♦ Gymnastics Fun & Pass a Badge Camp - £17.50 ☐
- ♦ Ninja Hero Camp—£14.00 ☐
- ♦ Book The Olympic Camp & 2 other camps & receive a £10.00 discount! ☐

Please note that if you are not a current member of British Gymnastics & taking part in more than 2 days of camps you must add £7.00 to cover temporary membership.

Total Enclosed £ \_\_\_\_\_ Cash / BACS (No Cheques)

Payment by BACS – Account no: 91791044 Sort code: 404022 – Please detail your child's name in the payment details and text 07766522976 to confirm payment & detail payment amount. Do not return booking form until payment has been made if paying by BACS.

## Terms & Conditions of Bookings

Bookings are accepted on a first come first served basis.

4 years olds must be in full time education.

Bookings are for the full course duration, not individual days.

If there are insufficient numbers, sessions may have to be changed or cancelled, you will be notified in advance and refunded in the case of course cancellation.

Booked places may only be cancelled if there is sufficient notice (4 weeks). BAGA membership can not be re-funded.

All participants must be members of British Gymnastics if attending more than 2 sessions.

All participants must wear suitable clothing - Leotard or Close Fitting Shorts / T-Shirt & bare feet. No leotards with skirts, trousers or items with buttons / zips. Hair must be tied back neatly using soft bobbles & no jewellery including earrings must be worn.