

Full Day Camps (Ages 6-14) \$180.00/Week

- Camps will run from July 7<sup>th</sup>-August 29<sup>th</sup> (8 weeks).
- All camps run weekly from Monday to Friday, 9:00am-5:00pm. Early drop-off at 8:30am can be arranged for a weekly fee of \$25.00.
- There will be a \$15.00 late pick-up charge for every half hour after 5:00pm.
- Week 5 (August 5<sup>th</sup> – 8<sup>th</sup>) is a four day camp. Reduced fee of \$144.00.
- **No gymnastics experience is required.** We will be working on CanGym badge levels of ability.
- Lunch is not included in camp fees. There is a refrigerator and microwave if required.
- Afternoon field trips and activities may include: swimming, mini-golf, bowling, Valley Zoo, street performers, picnics, water fights, movies and much more.

Itinerary

9:00 Warm-up Games and Stretch  
9:30 Gymnastics Circuit 1 & 2  
10:30 Snack Break  
10:45 Gymnastics Circuit 3 & 4  
11:45 Cool Down Activities  
12:00 Lunch  
12:30 Begin Activity or Board Bus for Fieldtrip  
1-1:30 Arrive at Fieldtrip Destination for the Afternoon  
4-4:30 Arrive Back to Gym  
4:30-5 Pick-Up at Gym

**\*A more detailed list of activities and field trips will be handed out on the first day of camp.**

**\*Field trips are based on the number of children registered and the weather expected that week.**

Half Day Camps (Ages 6-14) \$100.00/Week

- Camps will run from July 7<sup>th</sup>-August 29<sup>th</sup> (8 weeks).
- All camps run weekly from Monday to Friday, 9:00am-12:00pm. Early drop-off at 8:30am can be arranged for a weekly fee of \$25.00.
- Week 5 (August 5<sup>th</sup> – 8<sup>th</sup>) is a four day camp. Reduced fee of \$80.00.
- **No gymnastics experience is required.** We will be working on CanGym badge levels throughout the summer. Groups may be arranged according to levels of ability.

Itinerary

9:00 Warm-Up Games and Stretch  
9:30 Gymnastics Circuits 1 & 2  
10:30 Snack Break  
10:45 Gymnastics Circuits 3 & 4  
11:45 Cool Down Activities  
12:00 Home

Preschool Camps (Ages 3-5) \$100.00/Week

- Camps will run from July 7<sup>th</sup>-August 29<sup>th</sup> (8 weeks).
- All camps run weekly from Monday to Friday, 9:00am-12:00pm
- Week 5 (August 5<sup>th</sup> – 8<sup>th</sup>) is a four day camp. Reduced fee of \$80.00.

Itinerary

9:00 Warm-Up Games and Stretch  
9:15 Gymnastics  
10:00 Snack Break  
10:30 Crafts, Playtime and Activities\*  
12:00 Home

\*Some of our activities and playtime will be outside.

**All campers are required to have: a snack, water bottle, hat, sunscreen and good walking shoes.**

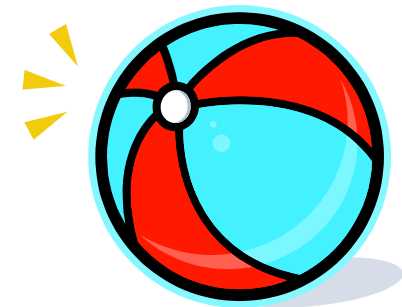
Supertot & Beginner Plus Camps (Ages 4-9) \$100.00/Week

- Camps will be offered in week 3 (July 21<sup>st</sup> – 25<sup>th</sup>) and week 6 (August 11<sup>th</sup> – 15<sup>th</sup>).
- All camps run weekly from Monday to Friday, 9:00am-12:00pm. Early drop-off at 8:30am can be arranged for a weekly fee of \$25.00.
- **Child must be recommended into Supertots or Beginner Plus to register in this camp.** Groups may be arranged according to levels of ability.
- **Girls may join the full day campers in the afternoon for an extra \$80.00.**

Itinerary

9:00 Warm-Up Games and Stretch  
9:30 Conditioning  
10:00 Circuit 1  
10:30 Snack Break  
10:45 Gymnastics Circuits 2 & 3  
11:45 Cool Down Activities  
12:00 Home

**All campers are required to have a snack and water bottle.**



Trampoline & Tumbling (Ages 7+) \$100/Week

- Camps will be offered in week 2 (July 14<sup>th</sup> to 18<sup>th</sup>) and week 7 (August 18<sup>th</sup> -22<sup>nd</sup>).
- All camps run from Monday to Friday, 9:00am-12:00pm. Early drop-off at 8:30am can be arranged for a weekly fee of \$25.00.
- **No gymnastics experience is required.** We will be working on CanJump badge levels throughout the summer. Groups may be arranged according to levels of ability.

Itinerary

|       |                                |
|-------|--------------------------------|
| 9:00  | Warm-Up Games and Stretch      |
| 9:30  | Trampoline                     |
| 10:30 | Snack Break                    |
| 10:45 | Trampoline / Other Activities* |
| 11:45 | Cool Down Activities           |
| 12:00 | Home                           |

\*Some of our activities will be outside.

**All campers are required to have sunscreen, a hat, a snack, a water bottle and good walking shoes.**

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## For All Camps

**Membership Fees of \$23.00 are not included in the price of the camps and must be paid at time of registration.**

**The Alberta Gymnastics Federation membership is valid from July 1, 2008 – June 30, 2009.**

**Camp fees must be paid in full at the time of registration.**



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## Ortona Gymnastics Club **Summer Camps 2008**



### Welcome to Ortona Gymnastics Summer Camps!

Ortona Gymnastics Club is a non-profit organization, established in 1976. We have one of the largest and best-equipped gymnasiums in Canada. Our highly trained recreational coaches offer programs for all ages and levels of ability.

### Our Philosophy

"Gymnastics is the foundation for all sports and the ultimate human movement experience. Everyone can find something meaningful and beneficial in the sport, regardless of your age, your ability or goals. It promotes self-esteem, self-discipline, and forms the healthy foundation for an active lifestyle. You're never too young, or too old, to gain something positive from the sport of gymnastics."