



Partner of  
GO Community Centre

## Summer Camps

July 3 to August 25, 2017

GET INTO IT at ORTONA...  
it's EXCITING...it's TOTAL  
EXTREME FUN.

Half days and full days  
available.  
To register:

**OrtonaReg.com**

Discover us on UofA  
South Campus. We have  
a range of activities for  
tots to youth including  
Gymnastics, Trampolines,  
Crafts, Outdoor Activities  
and much more!

All terms and conditions,  
waiver forms, and  
registration can be  
found online.

Ortona reserves the right  
to cancel or combine  
camps with limited notice.

**OrtonaGymnastics.com**

**ORTONA DELIVERS  
FUN & ACTIVE CAMPS**

*...by leaps and bounds*

# 2017 Summer Camps

*Enriching the lives of those in our  
community who strive for personal  
excellence, through gymnastics*

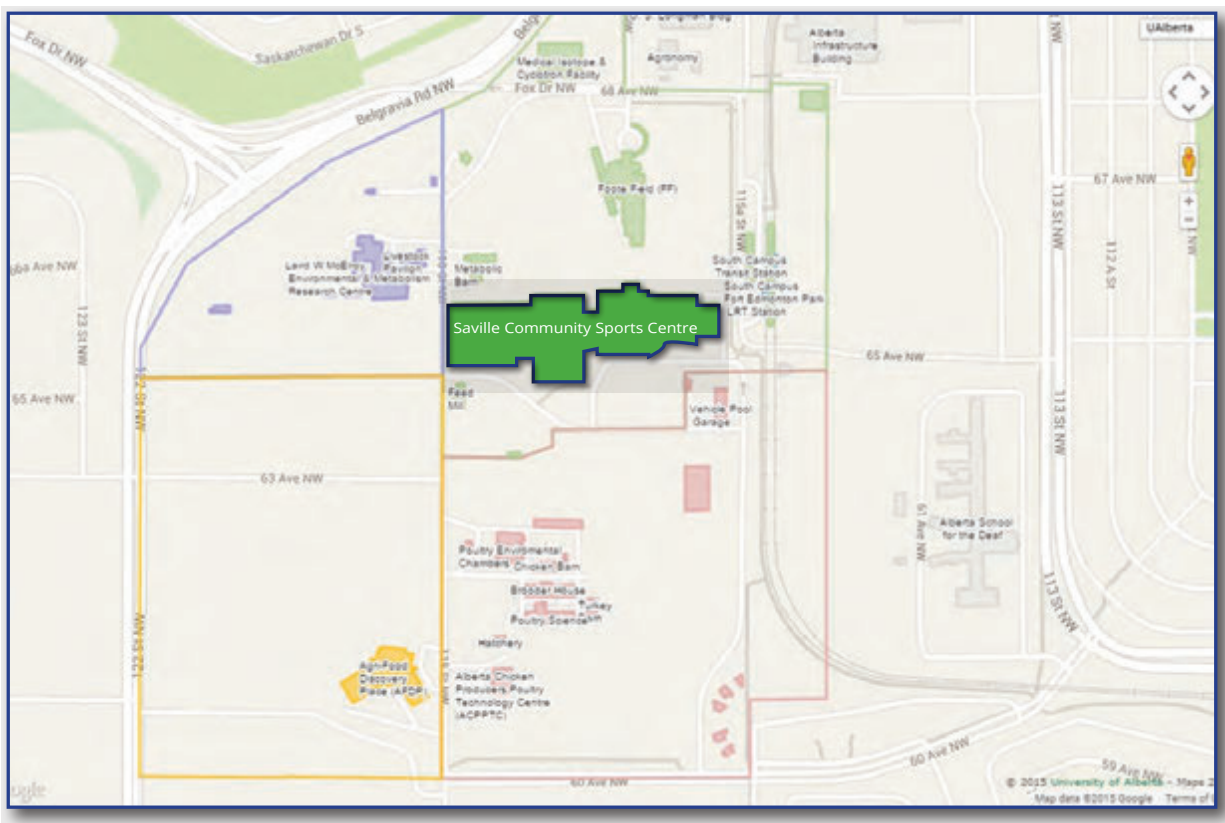


## HOW TO REGISTER

# Pick the most convenient way for you...

**Online:** Direct your browser to **OrtonaReg.com** and follow the links. Please have your credit card number and expiry date ready (Visa/MasterCard/Amex). You can register yourself and your family members through the online registration system. Access the website 24 hours a day, 7 days a week.

**In Person:** please visit us at Ortona Gymnastics Club, c/o University of Alberta South Campus Saville Community Sports Centre, 11610 - 65 Avenue, Edmonton, AB T6G 2E1. Payment is accepted by cheque, credit card, debit or cash.



## Contact Us

Ortona Gymnastics Club operating within the Saville Community Sports Centre is located on South Campus, University of Alberta 11610 - 65th Avenue Edmonton, AB T6G 2E1 - 780-492-7300

Driving instructions, office hours, maps and more are posted on our website.

**LRT Access** - South Campus / Fort Edmonton Park Station



# KinderGym Camps

## KinderGym Fees

5 Days  
Full Week Camps  
Fee: \$160.00

July 3 - 7 • July 10 - 14  
July 17 - 21 • July 24 - 28  
July 31 - Aug 4 • Aug 14 - 18  
• Aug 21 - 25

4 Days  
Camps  
Fee: \$135.00  
Aug 8 - 11

Prerequisite for  
ALL Camps:  
Ortona Recreational  
Membership and  
Insurance Coverage  
(current price online)  
valid July 1, 2017 to  
June 30, 2018

## Ages: 3-5 years Children must be toilet trained

KinderGym camps are half day camps offered in the mornings and afternoons.

In the morning, drop off is between 8:30-9:00 am and pick up is between 12:00-12:30pm.

In the afternoon, drop off is between 12:30-1:00pm and pick up is between 4:00-4:30pm.

Comfortable shorts and a t-shirt are best, children will be in bare feet in the gymnastics area and running shoes in the court areas.

In the WOW (World of Wonderment) Kingdom, the kids will be exposed to fundamental movements such as jumping, skipping, rolling, landing, hanging, springing, swinging and all sorts of good tricks. They will also participate in fun activities such as painting, drawing, acting, playing, building and creating.



## Theme weeks

Dress-up day takes place every Wednesday of the week.

**Join in on the fun & dress up to match the theme!**

July 3-7 • Deep in the Woods, a Canadian Adventure  
July 10-14 • Under the Moon (Nighttime fun)  
July 17-21 • Our Animal Planet  
July 24-28 • Art Explosion (Things are going to get messy)  
July 31-August 4 • Chillin with our Arctic Friends  
August 8-11 • Builders and Destroyers  
August 14-18 • Crazy, Wacky Science  
August 21-25 • Around the World in 5 Days



## Itinerary Morning Camps Monday-Friday

08:30-09:00 am • Drop off  
09:00-09:15 am • Introduction game  
& warm up  
09:15-10:00 am • Rotations (based on themes)  
10:00-10:15 am • Refueling break -  
water & snack  
10:15-11:00 am • Rotations, games, circuits  
11:00-11:30 am • Crafts (based on theme)  
11:30-12:00 am • Story-time & free play  
12:00-12:30 pm • Pick up

## Itinerary Afternoon Camps Monday-Friday

12:30-01:00 pm • Drop off  
01:00-01:15 pm • Introduction game  
& warm up  
01:15-02:00 pm • Rotations (based on themes)  
02:00-02:15 pm • Refueling break -  
water & snack  
02:15-03:00 pm • Rotations, games, circuits  
03:00-03:30 pm • Crafts (based on theme)  
03:30-04:00 pm • Story-time & free play  
04:00-04:30 pm • Pick up



# Gymnastics Camps

**Ages: 6-8 years; 9-13 years**

You can expect a full day of gymnastics, games, crafts, and more. You'll love the mix! Kids will learn movements on the floor, vault, balance beam, uneven bars, pommel horse, rings, horizontal bar and parallel bars.

Combining artistic, trampoline, acrobatic and rhythmic gymnastics with high flying fun, this camp provides participants with the ultimate grounded, flipped out experience. Cool tricks with hula hoops, balls, ribbons, clubs and skipping ropes are explored in this camp. Impress your friends this summer with some very creative moves. You'll love the mix!

There is also downtime planned during each day that will involve age-appropriate activities such as cooking, crafts, and other quieter entertainment. We want these budding gymnast/athletes to last the week!



## Gymnastics Camp Fees

**5 Days Full Week Camps**  
Fee: \$250.00

July 3-7 • July 10-14 • July 17-21  
July 24 - 28 • July 31 - August 4  
August 14 -18 • August 21 - 25

**4 Days Camps**  
Fee: \$210.00  
August 8-11

**Prerequisite for ALL Camps:**  
Ortona Recreational Membership  
and Insurance Coverage  
(current price online)  
valid July 1, 2017 to June 30, 2018



## Gymnastics Itinerary

### Monday-Friday

**Note:** Wednesday afternoon is swimming (*The LRT will be utilized to and from the location*); and Friday is baking.

08:30-09:00 am • Drop off

09:00-09:15 am • Introduction game & warm up

09:15-10:00 am • Gymnastics - circuits/rotations

10:00-10:15 am • Refueling break - water & snack

10:15-11:00 am • Gymnastics - circuits/rotations

11:00-12:00 pm • Crafts ages 6-8 only  
(based on theme)

11:00-11:30 am • Gymnastics - circuits/rotations

11:30-12:00 pm • Sport Activities - circuits/rotations

12:00-01:00 pm • Lunch

01:00-01:15 pm • Introduction game & warm up

01:15-02:00 pm • Gymnastics - circuits/rotations

02:15-03:00 pm • Refueling break - water & snack

03:00-03:30 pm • Crafts ages 6-8 only  
(based on theme)

03:00-04:00 pm • Gymnastics - circuits/rotations

04:00-04:30 pm • Pick up



# Gymnastics Coaches

Camps are led by experienced and passionate coaches who have a personal interest in ensuring that your child's experience is one that will be cherished and remembered for many years.

Our coaches are enthusiastic, carefully screened high school, college and university students or graduates. Many coaches and support staff have been with us for several years. These individuals provide a safe and enjoyable environment in which your child will learn, play and have fun.

Camp leaders are assisted by supervisors, support staff, junior staff and coaches in training. OGC staff members undergo intensive training that focuses on safety, healthy child development, environmental appreciation/education and program management.

All leaders are certified in NCCP (National Coaching Certified Program) Gymnastics and First Aid.

All staff members over the age of 18 are screened using local police criminal checks complete with vulnerability sector checks and Alberta Child Intervention Check.



STAFF

Register online  
for all programs  
[www.OrtonaReg.com](http://www.OrtonaReg.com)

## What to Know and Bring

*Campers need the following items to be prepared for all activities:*

- With your registration you are provided with a Camp t-shirt (one per camper) that you will receive on the first day of camp (an additional t-shirt can be purchased for \$15). Please wear your camp t-shirt everyday.
- There will be some outside play, weather permitting, and we make use of craft materials. With all the fun we have, camp can be very messy. Please wear appropriate clothing (camp t-shirt and play clothes). It is recommended to bring an extra change of clothes in a backpack.
- Plan to pack bug spray, sunscreen, a hat and shoes. If the activity is planned to be water-based play (wet sponge toss for example) plan to pack a bathing suit or second set of dry clothes.
- Lightweight long pants are a great way to protect against mosquitoes and other bothersome creatures.
- Children will be barefoot for gymnastics activity.
- Please do not bring electronic devices.
- For safety reasons close-toed shoes (runners) should be worn, not sandals.
- Ortona is not responsible for any items your child loses **at camp**. Please label all of your child's belongings with their first and last name and leave all valuables at home. Campers are asked not to bring items of any significant value. We do not provide refunds for damaged or lost belongings.
- Long hair must be tied back, no jewellery please.

### *Food*

- Every camper needs to bring a healthy and nut-free lunch; and snack for morning and afternoon snack breaks, as well as a refillable water bottle. To help us model good environmental behaviour, please pack a litterless lunch.

### *Nut Safe Policy*

- To ensure the safety and enjoyment of all of our campers, please ensure that lunches and snacks are free of nuts, nut products and traces of nuts. Food that does not comply with our policy will be replaced with a healthy alternative.



# Group Parties

# We offer more .....

## More things to do at ORTONA

### Got a group? Have a special event?

Ortona offers a variety of exciting party packages, so you can be sure we have something for you. It's a unique facility for a memorable event that will have your guests talking for years to come.

- Birthday Parties for all ages;
- Corporate events;
- Showers and stag/ette parties;
- Teen fun nights

... these are just a few events we can host.



We want to meet your needs, so our Packages are made to suit you. Contact us to organize any event or party for 10 to 100 people.



**Ortona is the place to be -  
come celebrate with us!**  
For more more information  
[www.OrtonaGymnastics.com](http://www.OrtonaGymnastics.com)

### Party Times Available:

We are happy to offer these standard time slots to help plan your your event!

#### July and August

Wednesday 5:30pm to 7:30pm

#### September to June

Friday 6:30pm to 8:30pm

Saturday 1:00pm to 3:00pm

Saturday 3:30pm to 5:30pm

Sunday 12:00pm to 2:00pm



[OrtonaGymnastics.com](http://OrtonaGymnastics.com)

# Preschool and School Field Trips



## Program Options:

We offer different programs that can be customized to suit each school's specific needs, like a basic introduction to gymnastics for groups that have little gymnastics experience, or a sport specific program for groups that are focusing on certain physical activities.

### Option 1 Discover, Explore, Learn

The Discover, Explore and Learn program provides students with a basic introduction to gymnastics and is ideal for groups who have had little prior experience in gymnastics.

### Option 2 Curriculum and Exploring

Curriculum based programs allow students to develop varying levels of skill depending upon their age and physical capabilities. The program reflects the curriculum of the students' physical education program at school.

### Option 3 Sports Specific Program

Sport Specific programming offers an intense style of a field trip for experienced athletes. By utilizing gymnastics movement patterns, strength training, flexibility and other basic skills, students further their physical ability in their chosen sport.

## Unique and Exciting Field Trips

Most students would say that the best field trips are about having fun, while most teachers feel that field trips should be about education. So where is the happy medium?

The answer can be found in an Ortona Gymnastics Club field trip.

Here at Ortona, we combine fun games, activities and gymnastics circuits to create a field trip that is not only engaging and exciting but also physically challenging and educational for every grade level.

We offer field trips year-round for all grade levels and for students of all abilities.

We will work with you during our booking process to determine the best field trip option for your class.

Start your booking process and email:

**[fieldtrips@ortonagymnastics.com](mailto:fieldtrips@ortonagymnastics.com)**





# OrtonaGymnastics.com



Partner of  
GO Community Centre

## Contact Us

Ortona Gymnastics Club  
operating within the  
Saville Community Sports  
Centre located on  
South Campus University of  
Alberta

11610 - 65th Avenue  
Edmonton, AB T6G 2E1

## To Register

Call 780-492-7300

or

Log onto  
**OrtonaReg.com**

or

**OrtonaGymnastics.com**



*Come Join our  
Summer Fun!*

