



Summer 2009 Gymnastics Camps

Mid-Columbia Gymnastics

"Teaching Children in Our Area Since 1986"

Fitness & Fun Through Gymnastics!

Beginning through advanced recreational levels welcome.

For boys and girls 5-11 years old.

Register for as many camps as you would like.

Each camp is 3 hours long and costs **just \$18 per child**, per camp!

Wear comfortable gym clothes. Snack and a water bottle will be provided by the gym. New students must have a current registration form on file before participating.

~Girls~

The girls will train on the floor exercise, balance beam, vault and uneven bars.

~Boys~

Just for the guys... the boys will train on the floor exercise, vault, rings, pommel horse, high bar and parallel bars.

~Extra Fun~

Take a ride in the NEW Bungee!

All campers may jump in the pits, train on the trampoline, jump down the tumble track, climb on the rock wall, swing on the huge rope swing, play group fitness games and have fun with our experienced staff!

Kids LOVE our camps every year!

Camps offered every Wednesday this summer!

Noon-3:00 p.m.

Pick as many as you want!

June 17th and 24th

July 1st, 8th, 15th, 22nd & 29th

August 5th, 12th & 19th



Mid-Columbia Gymnastics Academy

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Questions? E-mail Kami@mcga.org



Space is limited!

Camps were so popular last year, we doubled the number of dates!

Register early in the office or over the phone.

Please register at least 1-2 weeks before each camp so we can staff appropriately.

See ya at camps!