

Adventure Camp

Our Camp provides children ages 3-12 the opportunity to learn gymnastics combined with other fun and challenging activities.

Monday—Friday

NEW HOURS: 9:00am— 1:00pm

- **Flexible Schedule** allows you to choose which days/weeks to attend.
- **Early Drop-Off** Available (8AM-9AM) \$5 per 30 min
- **10% discount** for families with 2 or more children
- Campers need to **bring snack & drink**

Junior Adventure Camp

Ages 3-6

- **Must be 3 years in the month enrolled
- **All children must be potty trained

Adventure Camp

Ages 7-12

ACTIVITIES INCLUDE:

- *Gymnastics
- *Crazy Creations
- *Games
- *Sports Skills

Camp Week Themes

Week 1:	June 11	Pooh meets Paddington
Week 2:	June 18	Best Little Chefs
Week 3:	June 25	Treasure in NJ
Week 4:	July 2	American Heros
Week 5:	July 9	All Ball
Week 6:	July 16	Under the Big Top
Week 7:	July 23	Ninja vs Spartan
Week 8:	July 30	CS Fun Cruise
Week 9:	Aug 6	World of Legos
Week 10:	Aug 13	Gold Rush
Week 11:	Aug 20	Beyond Board Games

Class Information

Bunny Tots (Adult/child class For ages 18 months to 3 years) CO-ED

Parent assisted—Teacher Led/ Fun & Safe Circuits/ Engaging with peers/ Building agility and confidence.

Bouncin Bunnies (3-4 years) — *Rompin Rabbits* (5-6 years) CO-ED

Experience fun while learning safely./ Gain proficiency on the tumbling shapes, low beams, trampoline, spring boards, and low bars.

Activities are based on age and ability.

Girls Level 1: Entry level, Having minimal experience on equipment

Girls Level 2: Prerequisites include:: Handstand, Bridge –Kickover on hill, Pullover on bar from block

Girls Level 3 Prerequisites include: Back handspring w/ spot, 3 chin ups, Handstand-flat back vault

Tumbling Level 1 & 2: Focus on strong basic skills & handspring drills

Tumbling Level 3 & 4: Focus on connecting skills and flight elements.

Lil Ninja & Ninja Zone: For BOYS! Blend of Obstacle courses, Tumbling skills, Strength training, & Martial arts. Escape & chase strategies, Ninja Values & Life skills.

Boys Gymnastics: Ages 7+. Continuation of Ninja Training, Increased skills & techniques on Mens' equipment /competitive events. (Call for more details)

Class Schedule

June 11 - August 17

Come 1, 2 or 3 classes per week

Add A 2nd Program for \$120/student
Individual Classes Available at “al la cart Rate “

PROGRAMS*

	Morning / Afternoon		Evenings	
Bunny Tot W/ Parent (50 mins)	Tues Wed Thur Sat	10:30 9:30 9:30 10:00	6/16-6/30 only	
Bunnies & Rabbits Ages 3-6 (1 hour)	Mon Tue Wed Thur Fri Sat	9:30 9:30 10:30 10:30 9:30 9:00	Tue Th	5:15 5:15
Levels 1-3 7 yrs+ (1H 15M)	Mon Tue Wed Thur Fri	9:30 9:30 10:30 10:30 9:30	Mon Tue Wed	6:30 4:00 6:00
Tumbling/ Back Hand- Spring 7 yrs+ (1 hour)			Mon Tue Thurs	5:15 T 5:15 B 6:30 T 6:30 B 7:30 T
Lil Ninja (ages 4-6) (1 hour)	Tues	1:00	Mon Wed Thur	5:30 5:30 4:30
Ninja (ages 7-13) (1 hour)	WH = White YW = Yellow Open = any level		Mon Tues Wed Thur	4:30 WH 6:30 YW 5:30 WH 6:30 YW 6:30 Open 5:30 Open

*Subject to change, call office/check website for changes

Summer Pricing

Classes: June 11 - August 17

\$231 for up to 3 classes per week

Parent-Child Bunny Tots: 1-3yrs (\$180)

Add A 2nd Program for \$120

Individual Classes Available at

“al la cart Rate “

Parent-Child: \$20

Instructional: \$25

Camp June 11—August 24

\$35/day ~ Or ~ \$160/5 day week

3-4 Weeks*: 10% Discount

5-6 Weeks*: 15% Discount

7+ Weeks*: 20% Discount

10% discount for families with 2 or more children

(Discount applied at time of registration)

(*A “week” = 2-5 days)

Summer only membership fee: \$18

Customer Loyalty Program

Receive a **FREE** gift if your student attended all 3 sessions of 2017/2018 (Fall, Winter & Spring)

Summer classes or min 3 weeks of camp

Additional Summer programs include:



Parent's Night Out

Saturday, June 9th
6-10PM
(ages 3-12)



Open Gym

Every Friday 6PM—8PM



Birthday Parties

SATURDAY
(June 30th—Aug 25th)
11:00 ** 12:30 ** 2:30



Gym N' Learn

Enrolling now FALL 2018



Private Lessons

Call to schedule

2018

Summer Program



*Higher, Faster, Stronger!
Start Here, Go Anywhere!*

Classes: June 11-Aug 17

Camps: June 11 Aug 24

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www.cs-gymnastics.com
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