







FEATHER RIVER GYMNASTICS

SUMMER CAMPS

WHEN:

MON-FRI 1PM-3PM

JUNE 10-14		BEACH CAMP
JULY 8-12		CHEER SKILLS CAMP
JULY 15-19		CARNIVAL CAMP
JULY 22-26		CHEER SKILLS CAMP
JULY 29-AUG 2		NINJA SKILLS CAMP
AUG 5-9		CHEER SKILLS CAMP

WEEKLY RATE:

\$100 per child

DAILY DROP-IN RATE

\$25/day * Space permitting

**ALL LEVELS
WELCOME!**

**BEACH CAMP:
AGES 5-12**

Can't get to the beach? Come to FRG's beach party! Prepare to surf, limbo, volleyball and splash your way through a fun week. You also get to learn some awesome gymnastics skills you can show off at the beach!

**CARNIVAL CAMP:
AGES 5-12**

Ready to join the circus? Learn incredible circus skills like juggling, hand balancing, "flying" on trampolines and balancing on "tightropes"! All while perfecting even more gymnastics skills.

**NINJA CAMP:
AGES 5-12**

We'll run obstacle courses, swing, jump and FLIP around! Ninja is a combination of tumbling and obstacle course running. FUN for all levels!!

**CHEER SKILLS
CAMP:
AGES 5-16**

Interested in learning and perfecting the skills involved with cheerleading? This camp will focus on jumps, dance skills, tumbling and stunts. While beginners will work rolls, cartwheels, handstands and round-offs, more advanced athletes will work front/back handsprings, aerials and FLIPS!

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