

NUAGA'S GYM-JAM

**NOW
Air
Conditioned**

Mini GYM-nastics camps JAM-packed with skill building fun!

GIRL GYM - JAM

BEGINNER – INTERMEDIATE LEVEL

Ages 6 and up with little or no gymnastics experience. This camp will teach basic gymnastic skills: handstands, cartwheels, forward and backward rolls as well as all women's apparatus and trampoline.

June 23-25, 2009
9:30 - 12:30 pm

Cost: \$45.00



GIRL GYM - JAM

INTERMEDIATE – ADVANCED LEVEL

Ages 6 and up. This camp is intended for girls who are working on more advanced skills such as walkovers and handsprings. This camp will build on skills already mastered on all apparatus and achieve new skills quickly.

August 11 - 13
12:00 - 3:00 pm

Cost: \$45.00

Parents are invited to a mini-performance for the last 30 minutes of class on the last day of camp.

PRESCHOOL GYM - JAM

Ages 4-6. No previous gymnastics necessary. Children will experience all gymnastics apparatus and trampoline. This fun and exciting camp will get your youngster moving.

July 7 - 9, 2009 10:00 - 12:00 pm

Cost: \$35.00



BOYS GYM - JAM

Ages 6 and up with or without prior gymnastics. Boys will work on all apparatus and trampoline. This camp is intended to instill solid basics and build body awareness, strength and flexibility.

July 28 - 30 12:00 - 3:00 pm

Cost \$45.00

Everyone is invited to sign up for these camps. If you are not sure which camp fits your child, just give us a call or e-mail and we will be happy to help.

If you are not a current NUAGA student there will be a \$5.00 insurance fee.



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