

BELIEVE IN YOURSELF

SUMMER GYMNASTICS CAMP

Stateline Family YMCA Gymnastics Camp

July 8th-12th; 8:00 AM — 11:30 AM

Ages 6 & up — All Levels

During this camp, the gymnasts will not only learn gymnastics skills but other important aspects to being an athlete as well! Each day we will explore different aspects of building confidence and creating the most uplifting environment for training. Lessons will include specific gymnastics skills across all the events, critical thinking with team building exercises, maximizing our mindset for performance, making new friends, and having fun at the same time!

Camp held at the Stateline YMCA Gymnastics Center located at: 1239 Huebbe Parkway, Beloit, WI. Questions? Please contact Ashley Hoverson at ahoverson@statelineymca.org or Dalton Struebin at dstruebin@statelineymca.org.

Register by June 30th to receive a camp t-shirt!

Daily Themes include: confidence, communication, teamwork, goals and affirmation.

General Daily Schedule:

8:00AM: Check-ins, ice breakers, theme introduction & connection

8:30AM: Warm-up, stretches, and learning of how muscles work

8:45AM: Gymnastics skills (split by skill levels)

9:30AM: Lesson of the day

9:45AM: Team building challenges and large group games

11:15AM: Mini games

Members: \$89

Community: \$129

***After June 30th, \$10 late fee**

Register at the front desk, online at: www.statelineymca.org or over the phone at: 608-365-2261.



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