



Ms. J's Gymnastics and Dance

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SUMMER CAMP 2016

June 29th - September 2nd

Activities

We have TWO awesome summer camp programs offering gymnastics and dance fun with great structure for your child during their time off from school:

Recreational Gymnastics Camp is perfect for children ages 3 (potty trained) to 12yrs. Campers will enjoy an exercise-filled day focused on fun! Including gymnastics, dance, arts and crafts, games, puzzles, jumping on the BIG trampoline and running through the sprinklers or playing at the Grand St Park (weather permitting).

Intensive Gymnastics Camp is for our older campers, 7 to 12yrs, who are passionate about gymnastics and looking to be challenged. These gymnasts will work with our best coaches, in longer classes to master more advanced skills and skill combinations in a success and fun driven program!

Sign Up

Monday through Thursday camp runs between 9:00am and 5:30pm

Friday camp runs between 9:00am and 3:30 pm

You are not required to sign up for the entire summer, or even the entire week. We only ask that you sign up for a minimum of 2 days in each week you choose to enroll.

You may also choose different time slots for different days you enroll.

Pre-registration is required to ensure the safety of our students and the quality of the programs. To register we must receive: a registration form, summer camp policy form and payment. Any registration made less than 2 business days in advance are not guaranteed and are subject to a \$10 fee per child.

Pricing per day:

Morning half day (9-1) or afternoon half day* (1-5:30) = \$80

Regular day (9-3:30) = \$105

Extended day* (9-5:30) = \$140

There is a one-time \$10 registration fee for non-members

*5:30 pick up time available Mon-Thurs only

Here's the breakdown of a typical camp day:**

Recreational Gymnastics Campers	Intensive Gymnastics Campers
9:00- Drop off #1	9:00- Drop off #1
9:30- Gymnastics class/activity (45min)	9:30- Gymnastics Class (1.5hr)
10:30- Snack	11:00- Snack
11:00- Group wide arts and craft project	11:30-Trip to Grand St Park
11:30- Trip to Grand St Park	12:30- Lunch
12:30- Lunch	1:00- Pick up #1/Drop off #2
1:00- Pick up #1/Drop off #2	2:00- Group wide activity
2:00- Group wide theme activity	3:30- Snack/Pick up #2
3:30- Snack/Pick up #2	4:00- Gymnastics class/activity (1hr)
4:00- Gymnastics class/activity (45min)	5:30- Pick up #3
5:30- Pick up #3	

**Activities and schedule vary daily as the instructors do. Any down time will be spent in the gym area for free play. Free play is broken up with other activities including freeze dance, hide and seek, tag, coloring, dancing, reading, board games, doing puzzles, matching games and so much more. Trips to the Grand Street Park to run through the sprinklers are as weather permits.

Each week we have a different theme our activities are based on. Here is this year's activity calendar:

Week #	Dates	Theme!
1	6/29-7/1	Independence Day!
2	7/5-8	Super Hero Training!
3	7/11-15	Jungle Safari!
4	7/18-22	Robots and building blocks!
5	7/25-29	Under the sea!
6	8/1-5	Olympic Games!
7	8/8-12	Garden party!
8	8/15-19	Outer space & the sky!
9	8/22-26	Circus and Carnival!
10	8-29/9-2	Music Fest!

What to pack/ things to keep in mind:

- Dress your little gymnasts appropriately (no jeans, no jewelry, hair pulled back, etc.).
- Pack a water bottle, hydration is important, especially during exercise!
- Pack an appropriate amount of food for their day and please be aware there is no refrigerator or microwave available for camper lunches.
- Pack for possible sprinkler time at the park (bathing suit, sunscreen, towel, sunhat, etc.).
- We encourage rest time after lunch, if your child is likely to take a nap pack appropriately (blanket, stuffed animal, etc.).
- Instructors are not available to watch campers prior to drop off time or after pick up time.
- We encourage campers not to bring toys, they are not allowed in the gym.