


Thunder Bay Gymnastics Association

March Break Gymnastics Camp

Full Day age 5+ (\$60/day)
March 16-20th 2015 9am-4pm

Theme of the Week: **EASTER EGGS, BUSHY BUNNIES & LUCKY LEPRECHAUNS!**

	Monday	Tuesday	Wednesday	Thursday	Friday
9-9:30	Warmup (and daily review)				
9:30- 10:10	Rotation 1: ie Beam				
10:10-10:45	Rotation 2: ie Bars/Pommel/Rings				
10:45-11:00	Snack Break				
11:00-11:35	Rotation 3: ie Vault/Tumble Track				
11:35-12:15	Rotation 4: ie Trampoline				
12:15-12:45	Lunch				
12:45-2:45	Introductory Games (ie: pass the hot potatoe; Pot of gold toss) Craft: Shamrock Suncatcher	Bunny and Fox Games Craft: Pom Pom Bunnies	Over the rainbow obstacle courses Craft: Paper Bag Puppets	Egg hunt & Talent Show Craft: Easter Eggs	St. Patty's Day Party! Dress in Green!  Craft: Leprechaun Mask
2:45-3:00	Snack Break				
3:00-3:45	Rotation 5: FLOOR				
3:45-3:55	Cool Down Games and Stretches				
3:55-4:00	Tidy up and Pack up				

*Dress in Green on Friday to celebrate St. Patrick's Day and win a prize for the most spirit!

*Please make sure to pack plenty of food, drinks and a water bottle as our campers tend to expend a lot of energy during the day! (no nuts please!). Simple to eat fast Fruit & veggies + protein for 1st break is encouraged!

*Please be ON TIME as warm-up is important to ensure they do not injure themselves or get too sore! **Note that you must wait with your kids until camp begins** (or register in morning care).

*If you need to pick up your child before 4pm, please notify the coach and your child so they can look for you

***Late pickup policy:** 1\$/minute (register in extended care prior to the start of the week if you think you may be late).

*Please do not send the kids with money or valuables

*If your kids have a sore tummy on day 2 or 3, this may just be them building muscle ☺

Extended care times/prices:

Mornings Extended Care: 8:30-9:00am - \$5/day

Afternoon Extended Care: 4:00-5:00pm - \$10/day

Camp Days are purchased individually.

Half Day (Includes Ages 4&5) Price: \$30/day

AM: 9:00am to 12:15pm PM: 12:45pm to 4:00pm