



Thunder Bay Gymnastics Association Holiday Break Recreational Gym Camp

Full Day Age 6+
Dec 27-29th 2017 9am-4pm
Full Day Camp Price: \$60/day



Theme of the Week: Happy Holidays!

	Wed Dec 27	Thurs Dec 28	Fri Dec 29
9:00-9:30	Warm-up (and daily review of safety rules)		
9:30-10:10	Rotation 1: Eg. Beam		
10:10-10:45	Rotation 2: Eg. Bars/Pommel/Rings		
10:45-11:00	-----Fruit Break Snack-----		
11:00-11:35	Rotation 3: Eg. Vault/Tumble Trak		
11:35-12:15	Rotation 4: Eg. Trampoline		
12:15-12:45	-----Lunch-----		
12:45-2:45	Indoor Reindeer Games <i>Craft: Indoor Snowballs/Qtip Snow</i>	Build a Giant Indoor Snow Castle Fort <i>Craft: Snow Globes/Mittens</i>	Indoor Snow Carnival Play Gymnastics Carnival Games! <i>Craft: Reindeer/Snowmen</i>
2:45-3:00	-----Snack Break-----		
3:00-3:40	Rotation 5: Eg. Floor		
3:40-3:55	Cool Down Games and Stretches		
3:55-4:00	Tidy up and Pack up		

**Please make sure to pack plenty of food 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 + 1 protein for the 1st break is encouraged!

**Please be ON TIME as warm-up is important to ensure they do not injury themselves or get too sore!

Note: You must wait with your children until camp begins (or register in morning care). If you need to pick up your child before 4 pm, please notify the coach and your child so that they can be ready for your arrival.

**Late pick up policy: 1\$/minute after 4:05pm. Register in extended care prior to the start of the day if you think you may be late.

**Please do not send your children with money or valuables

**If your children 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

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

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



Thunder Bay Gymnastics Association Holiday Break Recreational Gym Camp

Full Day Age 6+
Jan 2-5th 2018 9am-4pm
Full Day Camp Price: \$60/day



Theme of the Week: Fun in the Snow!

	Tues Jan 2	Wed Jan 3	Thurs Jan 4	Fri Jan 5
9:00-9:30	Warm-up (and daily review of safety rules)			
9:30-10:10	Rotation 1: Eg. Beam			
10:10-10:45	Rotation 2: Eg. Bars/Pommel/Rings			
10:45-11:00	-----Fruit Break Snack-----			
11:00-11:35	Rotation 3: Eg. Vault/Tumble Trak			
11:35-12:15	Rotation 4: Eg. Trampoline			
12:15-12:45	-----Lunch-----			
12:45-2:45	Indoor Group Games (eg. Frozen Tag, Snowmen and Candycanes) <i>Craft: Winter Sky/Snowy Trees</i>	Obstacle Courses: Build and Race! <i>Craft: Snowflakes/Doilee Snowmen</i>	Indoor Snowball fun! Spoon/Sack Races, Winter Wear Challenge <i>Craft: Snow Foxes/Snowmen</i>	Indoor Snow Carnival - Play Gymnastics Carnival Games! <i>Craft: Penguins/ Foot Penguins</i>
2:45-3:00	-----Snack Break-----			
3:00-3:40	Rotation 5: Eg. Floor			
3:40-3:55	Cool Down Games and Stretches			
3:55-4:00	Tidy up and Pack up			

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

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