

# 2016 Gymnastics SUMMERsault CAMP

For a fun and active summer!



Our SUMMERsault CAMP provides an excellent avenue for physical activity, confidence and fun! Gymnastics is all about having fun, getting fit, and learning fundamental skills which promote flexibility, strength and balance. Keep your child active, safe and learning with our outstanding coaches.

Camp includes gymnastics & tumbling instruction, games, arts & crafts and so much more. Time is spent in all areas of the gym including the foam pit and trampolines.

## Frequently Asked Question

### Who can attend this camp?

Girls and boys 4 years old and over. Children under 4 are permitted on a case by case basis. Most of our campers are beginner gymnasts, but many intermediate and advanced gymnasts also attend camp! Your child just needs to enjoy being active and have fun!

### What should my child wear?

Girls can wear a leotard or comfortable shorts and a T-Shirt/tank top. Boys should wear comfortable shorts and a T-Shirt. Jewelry is not permitted & hair should be tied up. Shoes are not allowed in the gym. No jeans or oversized clothing!

### What should my child bring?

All campers should bring plenty of water. Half- day campers should bring one snack and full- day campers should bring 2 snacks and a lunch. Campers can use our microwave and refrigerator.

### How do I sign-up?

To sign-up, please email [shanghai.gymnastics@gmail.com](mailto:shanghai.gymnastics@gmail.com) or call **186-2178-1281**. Additional weeks/dates can always be added at a later time. Camp tuition must be paid at the time of registration with cash.

## About Shanghai Gymnastics

Shanghai Gymnastics Club provides Shanghai's top recreational and competitive gymnastics programs in three fully-equipped training centers in Pudong and Puxi. Founder Ted Wang is an American gymnast and certified coach with more than 20 years of gymnastics experience, including competing as a University of Michigan NCAA athlete and training with the Shanghai Provincial Team. Join the growing Shanghai Gymnastics family today!

**SHANGHAI GYMNASTICS**  
美乐国际运动馆快乐体操俱乐部

[www.shanghaigymnastics.com](http://www.shanghaigymnastics.com) / 186-2178-1281 / [shanghai.gymnastics@gmail.com](mailto:shanghai.gymnastics@gmail.com)

**JINQIAO GYM (PUDONG):** 2622 Jinqiao Lu, No. 59, Bldg. 1, near Jinxiu Dong Lu 浦东新区金桥路2622弄59号1号楼 近锦绣东路

**CHANGNING/MINHANG GYM (PUXI):** 789 Hong Zhong Lu, near Yan'an Xi Lu 闵行区虹中路789号近延安西路

**HUACAO/QINGPU GYM (PUXI):** 388 Shuanglian Lu, Bld. 6, 4/F 青浦区徐泾镇双联路388号 6幢4层

# SUMMERsault CAMP



## Camp Dates

Week 1: June 20 - June 24  
Week 2: June 27 - July 1  
Week 3: July 4 - July 8  
Week 4: July 11 - July 15  
Week 5: July 18 - July 22  
Week 6: July 25 - July 29  
Week 7: August 1 - August 5  
Week 8: August 8 - August 12  
Week 9: August 15 - August 19

## Camp Locations

### JINQIAO GYM (PUDONG)

2622 Jinqiao Lu, No. 59, Bldg. 1, near Jinxiu Dong Lu  
浦东新区金桥路2622弄59号1号楼 近锦绣东路

### CHANGNING/MINHANG GYM (PUXI)

789 Hong Zhong Lu, near Yan'an Xi Lu  
闵行区虹中路789号近延安西路

### HUACAO/QINGPU GYM (PUXI)

388 Shuanglian Lu, Bld. 6, 4/F, near Mingzhu Lu  
青浦区徐泾镇双联路388号 6幢4层 近明珠路

## Registration

Boys and girls of all ages, levels and body types are welcome!

To sign-up, please email [shanghai.gymnastics@gmail.com](mailto:shanghai.gymnastics@gmail.com) or call 186-2178-1281 with the following information:

- **Camp week(s)**
- **Child's name, age and gymnastics experience if relevant**
- **Camp Location**
- **3 days or 5 days camp**
- **Morning or afternoon session**

## Ages

Minis: 4-5 y/o  
Sprites: 6-8 y/o  
Juniors: 9-12 y/o  
Seniors: 13 y/o +

## Levels

Tumble Tots  
Beginner  
Intermediate  
Advanced

## Camp Schedule

### MORNING SESSION

9:00 - 10:00 Warm-up + Gymnastics  
10:00 - 10:10 Break  
10:10 - 11:00 Gymnastics  
11:00 - 11:10 Snack  
11:10 - 11:30 Arts & Crafts  
11:30 - 12:00 Gym Games

### AFTERNOON SESSION

13:00 - 14:00 Warm-up + Gymnastics  
14:00 - 14:10 Break  
14:10 - 15:00 Gymnastics  
15:00 - 15:10 Snack  
15:10 - 15:30 Arts & Crafts  
15:30 - 16:00 Gym Games

## 2016 Camp Fee

### HALF DAY CAMP

Half Week (3 days): 1,350 RMB  
Full Week (5 days): 1,800 RMB

### FULL DAY CAMP

Half Week (3 days): 1,950 RMB  
Full Week (5 days): 2,600 RMB

Registration Fee\*: 50 RMB

*\* Required for all campers not registered in previous gymnastics/parkour term.*

Ask about our discounts\*:

- Early-bird sign-up before May 31
- Siblings discount
- Multiweek sign-ups

*\* Camp must be paid in full to receive discounts*