



**GEM STATE  
GYMNASTICS**

ACADEMY ~ Since 1976

**New!**

# Summer Camps & Clinics

<u>PARKOUR</u>	<u>XTREME BOARDS</u>	<u>TRAMP CAMPS</u>	<u>CHEER CAMPS</u>	<u>FLIP FLOP CLINICS</u>	<u>REC. GYM CAMPS</u>
This clinic incorporates obstacle courses to help participants build physical fitness. The object of parkour is to get from one place to another using only the human body and the objects in the environment	This clinic is designed specifically for skateboarders, wake boarders and snowboarders. You will use specially designed boards with trampolines to learn grabs, flips and twists.	Our tramp camp includes an extensive curriculum utilizing our tumble trak, 3 trampolines, 2 mini-tramps, double mini tramp, rod floor, 2 large floors, a spotting rig and tons of mats.	These camps are designed to teach cheer basics, through advanced stunts and tumbling according to age and ability. Cheer basics include motions, cheers, tumbling, stunts and jumps.	This clinic focuses on tumbling using trampolines, tumble trak, rod floor and 2 spring floors. We offer two levels to meet your individual needs. Learn your back handsprings for cheer tryouts!	Our highly trained gymnastics coaches will be helping your gymnast improve or gain new skills.
<b>July 26-28</b> Monday thru Wednesday	<b>June 28-30</b> <b>August 16-18</b> Monday thru Wednesday	<b>June 7-9</b> <b>July 19-21</b> <b>August 9-11</b> Monday thru Wednesday	<b>July 16 &amp; 17</b> <b>August 13 &amp; 14</b> Friday & Saturday	<b>June 21</b> <b>July 12</b> <b>August 2</b> Monday	<b>June 14-16</b> <b>August 2-4</b> Monday through Wednesday
12:00 pm - 2:00 pm	12:00 pm - 2:00 pm	12:00 pm - 2:00 pm	9:00 am - 11:00 am for 4-7 yrs. 11:30 am - 1:30 pm for 8-11 yrs. 2:00 pm - 4:00 pm for 12 - 17 yrs.	12:00 am - 2:00 pm	12:00 pm - 2:00 pm
\$35.00 pre-paid \$40.00 at the door \$5.00 sibling discount	EACH CAMP \$35.00 pre-paid \$40.00 at the door \$5.00 sibling discount	EACH CAMP \$35.00 pre-paid \$40.00 at the door \$5.00 sibling discount	EACH CAMP \$25.00 pre-paid \$30.00 at the door \$4.00 sibling discount	EACH CLINIC \$16.00 pre-paid \$20.00 at the door \$2.00 sibling discount	EACH CAMP \$35.00 pre-paid \$40.00 at the door \$5.00 sibling discount
Minimum 5 students 7th - 12th grade	Minimum 5 students 5 years - 6th grade 7th - 12th grade	Minimum 5 students 5 years - 6th grade 7th - 12th grade		Minimum 5 students 5 years - 6th grade 7th - 12th grade	Minimum 5 students 5 years - 6th grade