



"Best Valued in Rockland County"

Summertime Camp & Classes

Flexible days & times to fit your summer time needs!

ROCKLAND GYMNASTICS ACADEMY

134 WEST NYACK RD

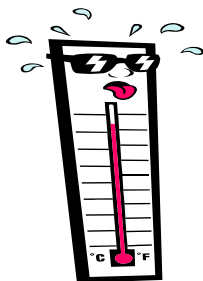
NANUET, NY 10954

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- TODDLERS
- PRESCHOOL
- RECREATIONAL
- COMPETITIVE TEAM
- CHEERLEADING
- TRAMPOLINE
- BIRTHDAY PARTIES
- YOUTH FITNESS

"We develop confidence and self-esteem *One child at a time!*"



COOLtime summertime FUN

Summer Program

"Our Camp in known for out safe and nurturing environment."

Air-Conditioned Facility

1/2 & Full Day Summer Camp (5-15)

Our 1/2 & Full Day Summer Camp provide an opportunity for children ages 5 to 15 to experience a summer of fun and fitness through our exciting curriculum of physical activities as well as to explore and learn through creative and educational projects. Children will also receive juice

General Camp Schedule

AM

8:45am-9:00am Drop Off
 9:00am-9:30am Basic Fitness/Trampoline
 9:30am-10:00am Gymnastics/Parachute Games
 10:00-10:15am Gymnastics/Obstacle Course
 10:15-11:00am Snack break & games
 11:00am-11:30pm Arts & Crafts
 11:30am-12:00pm Group Activities/fFee Play

PM

12:00n-1:00pm Lunch (must bring own lunch)
 1:00pm-2:00pm Gymnastics
 2:00pm-2:30pm Gymmnastics/Obstacle Course
 2:30pm-3:00pm Arts & Crafts
 3:00pm-3:30pm Gymnastics
 3:30pm-4:00pm Group Activities / Free Play

Play & Stay (3-5)

The play and stay program is a two hour program that offers children gymnastics, music, arts & craft, story time and more!

Cheerleading Tumbling (6-16)

The cheerleading tumble class combines tumbling, trampoline, flexibility and strength training for the enhancement of basic and advance skills to succeed in cheerleading tumbling. A special emphasis will be given to core training to improve technique.

(Call to schedule private and semi private class)...

Summer Classes

Mom & Tot

A class for parent/care giver and child to have a positive experience together. Emphasis is on building listening skills as well as building confidence and motor skills.

Preschool Gymnastics (3-5)

A fun filled gymnastics experience utilizing movement education and childhood games in developing fundamental motor skills. We give each child great confidence to meet the challenges of following multi-

Monday	Tuesday	Wednesday	Thursday	Friday
10:15 - 11:00 Mom & Tot	10:15 - 11:00 3 - 5 year	10:15 - 11:00 3 - 5 years	10:15 - 11:00 Mom & Tot	10:15 - 11:00 Mom & Tot
11:00 - 11:45 3-5 years	11:00 - 11:45 Mom & Tot	11:00 - 11:45 3 - 5 year	11:00 - 11:45 3 - 5 year	11:00 - 11:45 Mom & Tot
1:00 - 1:45 Mom & Tot	1:00 - 1:45 3 - 5 years	1:00 - 1:45 Mom & Tot	1:00 - 1:45 3 - 5 years	1:00 - 1:45 3 - 5 years
2:00 - 2:45 3 - 5 years	2:00 - 2:45 Mom & Tot	2:00 - 2:45 3 - 5 years	2:00 - 2:45 3 - 5 years	2:00 - 2:45 Mom & Tot

Recreational Gymnastics (6-15)

A fun introduction to basic and complex gymnastics skills with an emphasis on coordination, strength and confidence building. Classes are conducted

Monday	Tuesday	Wednesday	Thursday	Friday
	4:00 - 5:00 Beginner	4:00 - 5:00 Intermediate	4:00 - 5:00 Beginner	
5:15 - 6:30 Beginner Intermediate	5:15 - 6:30 Beginner Intermediate	5:15 - 6:30 Beginner Intermediate	5:15 - 6:30 Beginner Intermediate	