



Summertime Camp & Classes

Flexible days & times to fit your summer time needs!

ROCKLAND GYMNASTICS ACADEMY

134 WEST NYACK RD

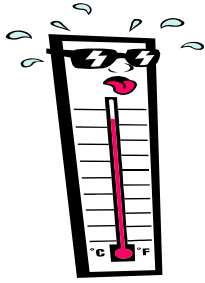
NANUET, NY 10954

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- TODDLERS
- PRESCHOOL
- RECREATIONAL
- COMPETITIVE TEAM
- TUMBLINH
- TRAMPOLINE
- BIRTHDAY PARTIES

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



Cooltime summertime FUN

Air-Conditioned Facility

Half & Full Day Summer Camp (4-15)

Our Half & 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 and snacks. Children are supervised by our safety certified staff every step of the way.. ...

EARLY DROP OFF & LATE PICKUP AVAILABLE \$15.00

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
 11:00am-11:30pm Arts & Crafts
 11:30am-12:00pm Group Activities/free Play

PM

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

Cheerleading Group Camp

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

ASK FOR DETAILS....

Summer Program

“Our Camp in known for our safe and nurturing environment.”

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-directional tasks and mastering simple challenging movement

Monday	Tuesday	Wednesday	Thursday	Friday
	10:15-11:00 3 - 5 years	10:15-11:00 3 - 5 years	10:15-11:00 3 - 5 years	
	4:30-5:15pm 3 - 5 years	4:30-5:15pm 3 - 5 years	4:30-5:15pm 3 - 5 years	

Recreational Gymnastics (5-15)

A fun introduction to basic and complex gymnastics skills with an emphasis on coordination, strength and confidence building. Classes are conducted in a “friendly” non-competitive atmosphere.

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