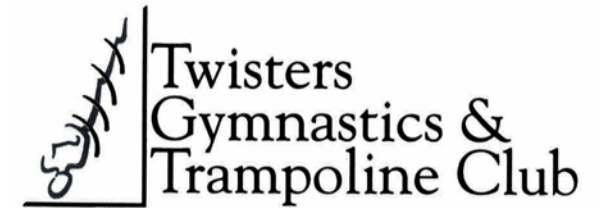
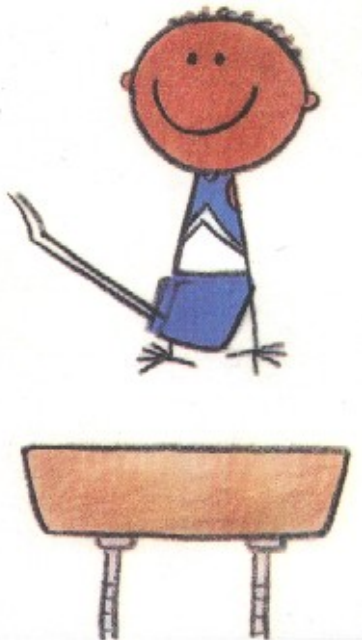
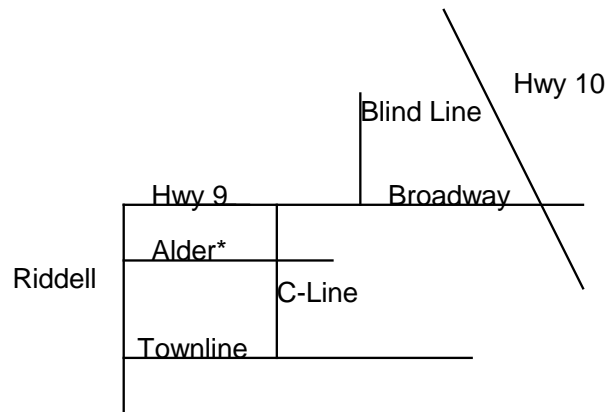


FULLY equipped spacious 18,000 square foot facility including a 40' x 40' spring floor, four trampolines set in the ground, 60' tumbletrak, five sets of bars, six balance beams, parallel bars and a variety of gymnastics equipment suited for our younger gymnasts.

Where Are We?

Alder Street Recreation Centre
275 Alder Street
Orangeville, Ontario
L9W 5H6



START HERE AND GO ANYWHERE!

Summer Day Camp 2019



FUN, FITNESS, FUNDAMENTALS

Phone Number - 519-942-2477
Registration Line - 519-941-2236
E-Mail - twisters@bellnet.ca
www.twistersgymnastics.ca

Camp Dates

Week 1 - July 2 - July 5*(4 days only)

Week 2 - July 8 - 12

Week 3 - July 15 - 19

Week 4 - July 22 - 26

Week 5 - July 29 - Aug 2

Week 6 - Aug 6 - 9* (4 days only)

Week 7 - Aug 12 - 16

Week 8 - Aug 19 - 23

Cost per week is \$230.00 for **full day camp** from 9:00 a.m. to 4:00 p.m. Camp is for boys and girls ages 4 - 11 years. *Week 1 and week 6 is \$184.00

The cost per week for **half day camp** from 9:00 a.m. to 12:30 p.m. is \$125.00. *Week 1 and week 6 is \$100.00.

All camps are subject to adequate enrollment

***Before Care Options:**

All 5 mornings (8-9 a.m.) - \$60.00

Only need occasional days? \$12.00 per hour of care. **Note: Late pick-ups will be charged \$10.00 every 15 minutes after 4:00 p.m.**

What to Wear

Body suits, shorts and t-shirts or anything which allows freedom of movement is acceptable for the gymnastics portion of camp. Please try to stay away from large, baggy clothing and no crop tops. No jewelry (especially rings and necklaces). Hair must be tied up with no loose ends. Bare feet or gym slippers are essential.

What to Bring

- A water bottle (please mark your child's name on his/her water bottle)
- An emergency change of clothing
- Lunch and two snacks (due to the large number of allergies we ask that lunch and snacks be peanut and nut free)
- Sunscreen for outdoor play
- Bathing Suit and towel for outdoor water play

Sample Day at Camp

8:00 -9:00 a.m.	*Pre-arranged early drop-off
9:00 a.m.	Warm up stretching Gymnastics rotations including trampoline
10:30 a.m.	Snack break
10:45 a.m.	Themed craft/games
11:30	Outdoor time
12:30 p.m.	Lunch
1:45 p.m.	Snack
2:15 p.m.	Gymnastics rotations Including Trampoline
3:30 p.m.	Games
4:00 p.m.	Home

How to Register

Registration is on a first come/first serve basis. Registrations will be taken during office hours at the gym in person:

Payments Options: Cash, Cheque, Debit, Mastercard and Visa

You may also register over the phone with Visa or Mastercard. Register early to ensure your spot!

Camp Refund Policy

Refunds will only be allowed two weeks prior to the start of the program. Requests must be made in writing. There will be a \$20.00 administration fee charged to all refunds.

NSF Cheques

Any NSF cheque will be subject to a \$20.00 charge

General

The gymnastics programs provide boys and girls with the opportunity to participate in a safe, enjoyable, and challenging gymnastics environment.

Qualified coaches provide instruction on the floor exercise, balance beam, trampoline, vaulting, mini trampoline, uneven & parallel bars, horizontal bars and tumbltrak.

The benefits of gymnastics include improved flexibility, strength, power, endurance, balance, co-ordination, spatial awareness, body awareness and mental concentration. These are important physical attributes not only for gymnastics but also for other sporting activities.