



# Camp Kids Summer 2010



Gymnastics Unlimited

## Summer Camps-

### American Girl Camp (5-10 yrs.)

Have your American girl bring her favorite doll to camp and play "American Girl" all week long. Filled with bonding activities, campers will work with their friends and decorate wicker hats and learn to make scarves, for both themselves and their dolls. Other early American hand crafts will be introduced such as; embroidery, hand sewing a denim purse and decorating it with buttons, ribbons and jewels, and painting an apron for their doll and themselves. In addition to crafts there will be plenty of playtime for your girl and their doll as well as picnics outside. Story time will include reading from the American Girl books. Bring a bathing suit and towel for water activities.

Cost \$125.00 a week.

July 12-16 (M-F 12:30-3:30)

July 26-30 (M-F 9:00-12:00)

### Arts and Crafts Camp

(4-6 yrs.) and (7-12 yrs.)

Let your child's artistic imagination soar! At Arts and Crafts Camp your artist is sure to amaze you with their wondrous artistic creations. We have designed this camp to not only create fine art, but to be an educational experience as well. Our itinerary is sure to please even our quietest artists. We will learn different drawing techniques, work with charcoal and water colors, use sand art, make sand jewelry, design picture frames, tie dye, work with clay, paint sun catchers, make candy for snacks and use many other forms of art media. Campers will get to design their own bags to bring home all their beautiful treasures. The campers will be designing and creating different projects everyday so come all five of the days and let them show off their artistic side. Bring a bathing suit and towel for water activities. Cost: \$25.00 single day. \$125.00 per week.

Week 1-July 5-9 (12:30-3:30 pm) Week 2-August 16-20 (9:00-12:00)

Both camps are held in the Kinderbarn



### Just Being A Little Kid Camp (3.5-5yrs)

A camp geared to "wear your child out". Is your child running around your house, up and down, and all around? Let them come run with us at Just Being A Little Kid Camp. This camp is great for the kids who just want to play. Campers use all the equipment mats and accessories available at GU to have a great time. Here your child is guaranteed to have a blast. We have a jammed packed itinerary that is sure to tucker out the most enthusiastic child. Our itinerary of fun will include inflatable bouncers, forts, trampolines, jumping in foam pits, arts and crafts, cooking and of course outside activities like sidewalk chalk, hiking and water adventures. Wow! We can pack a lot of entertainment into one week of camp! Bring a bathing suit, towel snack and change of clothes. Available for Big kids too (6-12yrs). Same three weeks. \$99.00 per week.



July 5-9 (9:00-12:00)

July 19-23 (12:30-3:30)

August 9-13 (9:00-12:00) or (12:30-3:30)

All Little Kid Camps are held in the Kinderbarn

Big Kid Camps are held in the Main Gym

### Pirates Camp (4-9yrs)

Arrrr-matey! It's out to sea we go! Attention all scallywags and explorers. Is your child interested in sailing the seven seas, swinging on a rope, dropping into the sea, and building their own pirate ship? What about using a compass and solving the clues to find the map, which leads to the buried treasure? These are just a few of the adventures every sailor will experience, after they sign their name to the list of crewmen and follow the Pirates Code. Conquer the seven seas and find the "X" which marks the spot of the GU treasure. Camp includes story telling and educational history of real historical pirates. Our little pirates will have the use of navigational equipment like telescopes, compasses and binoculars. They will make their own map, design their own pirate's flag and solve daily clues to narrow down their search and find the chest of gold. Bring a bathing suit and towel for water activities. \$125.00 per week. July 19-23 (M-F 9:00-12:00) in the Kinderbarn.

### Summer Adventure Days-

These one-day events are great for students and give their parents a break too!

#### TNT Tramp Camp (6-12 yrs)

This 1.5 hour camp will work on strength, flexibility, tumbling and trampoline with the use of the pit. We will introduce and work on the beginner level trampoline routines \$15.00

June 21 4:30-6 pm

#### Scavenger Hunt Day

1.5 hour of chasing down clues indoors and out.

June 22 4:30-6 pm \$15.00

#### Bounce Day (5-10 yrs)

Come join us for heaps of fun! We offer a clean, safe environment where your kids can enjoy playing on our bouncers, slides and obstacle courses. What a perfect way to burn some energy and get some great exercise!

June 23 4:30-6 pm \$15.00

#### Private Lessons (6+ yrs)

are a great way to fine tune a new skill or get extra practice. Lessons are \$45.00 per half hour lesson and can be booked four at a time for a greater savings. Call the gym for details. 908-782-8887. There is a \$15 cancellation fee. There is also a \$10 transfer fee for private lessons.

#### Back Handspring/Back Tuck Clinics (6+ yrs)

will be offered throughout the summer on Mondays and Wednesdays from 12:30-1:15 pm. Sign up for as many or as few as you like. Each lesson is \$18.00. Clinics begin Monday July 5th and/or Wednesday July 7th. Students must be current members of our program or pay the \$35 registration fee to attend a clinic.

#### Parents Tuesday Night Out (5-10 yrs)

Includes~ Pizza a short movie or video, gym time and a craft. Class is full at

**It's** that time of the year...time to start planning your summer. Come Join the fun and excitement at Gymnastics Unlimited summer camps. We have 22 amazing camps to choose from! Register for a single day or attend all week. Come a half day or come all day from 9-3:30. Full day campers bring a lunch to eat with a member of the staff. Campers should pack sneakers, a snack and a change of clothes for programs with water activities. **Week-long campers receive a FREE camp shirt. Sign ups start January 15th and final balance is due April 23rd. A \$75 non-refundable deposit will hold your spot. \$35 registration if you are not currently enrolled in our program \*\*\*10% 2nd child discount on camps or classes (No discounts on clinics or privates) Need 8:30 drop off? Don't worry it's FREE.**



# Summer 2010

## Gymnastics

### Gymnastics Camp (5-14 yrs.)

Does your child love being upside down? Do they swing on the bars? If so this camp is for them! Gymnastics Unlimited offers a super "fun-tastic" gymnastics camp for the gymnast in everyone.. Our staff will introduce new tricks, new fun and excitement...the excitement of feeling strong. The G.U. coaching staff are safety certified and full of enthusiasm. They will help your child become a champion as they jump on the trampoline, twirl on the balance beam, tumble on the spring floor and swing on the bars. Our campers will be divided by age and ability levels to provide the most appropriate training for every athlete. They will learn and perform routines, just like the real Olympians at the end of the week before receiving an award. Bring a bathing suit and towel for water activities. *Cost: \$160.00 per week.*

July 5-9	9:00-12:00pm
July 12-16	9:00-12:00pm (Pre-JOGA too)
July 19-23	9:00-12:00pm (Pre-JOGA too) *
July 26-30	9:00-12:00pm
August 2-6	9:00-12:00pm (Mini Squad too)
August 9-13	9:00-12:00pm (Mini Squad too) *
August 16-20	9:00-12:00pm
August 23-27	9:00-12:00pm

\*There will be two weeks of PM Camp offered 12:30-3:30 pm  
July 19-23 and August 9-13

### Bunnies Preschool Camp (3.5-5yrs)

Back by popular demand, one of our most requested camps returns, Bunnies Camp. Available to our younger friends ages 3.5-5 yrs, Bunnies Camp is a gymnastics camp providing exposure to equipment featured in classes. Children will use bars, beams, springboards and tumbling mats, just like the older gymnasts only the equipment here is scaled down to their size. Specialty equipment like preschool bars, wide balance beams, cargo nets, school rings along with many theme related props are designed to enhance the camp experience. Bunnies camp focuses on social development, as well as gross motor skills development. Our experienced, safety certified staff play creative educational games, make crafts and provide a fun stimulating environment. Bring a bathing suit and towel for water activities. *Cost: \$160 per week*



July 5-9	9:00-12:00pm (Main Gym)
July 12-16	9:00-12:00pm (Kinderbarn)
July 19-23	9:00-12:00pm (special coach Ms Shaun) (Main Gym)
July 26-30	9:00-12:00pm (Main Gym)
August 2-6	9:00-12:00pm (Kinderbarn)
August 16-20	9:00-12:00pm (special coach Ms Shaun) (Main Gym)
August 23-27	9:00-12:00pm (Kinderbarn)



### Evening Classes-Summer Session (3.5-14yrs)

These classes meet for a 6-week session at our normal school-year times.

1 Hour Rec. Class (5-10yrs)	Tuesday 4 pm	\$160.00
Boys Class (5-12yrs)	Tuesday 4 pm	\$160.00
Preschool/Kinder Class (3.5-5yrs)	Tuesday 4 pm	\$160.00
Cheer Class (5-10yrs)	Tuesday 4 pm	\$160.00
Tumbling & Trampoline (6-12)	Tuesday 4 pm	\$160.00
1 1/2 hour Class (Beg or Inter) (7-14)	Tues. 4-5:30 pm	\$175.00

\*Classes begin July 6th and run through August 10th\*

## Cheerleading

### Cheerleading Camp (5-10 yrs)

One of the fastest growing sports in Hunterdon County and here at GU is cheerleading! Whether your child is already on a team, wants to prepare for community youth cheer, or is just interested in finding out what cheerleading is all about - experience Cheerleading Camp. Our cheerleaders will learn to perform cheer dances, chants, cheers, motion techniques, jumps and stunts. This camp is full of energy, teamwork, and tons of fun. Music will be included and an end of week choreography piece will be performed for parents. New this year, a cheer craft will be included every day at Cheerleading camp. Crafts include spirit sticks, banners, hair bows, and megaphones *Cost: \$160.00 per week.*

Week 1-July 5-9 (M-F 9:00-12:00pm)  
Week 2-July 19-23 (M-F 9:00-12:00pm)

### Birthday Parties: (4-10 yrs)

One hour of gymnastics, inflatable fun, and games followed by 1/2 hour of refreshments and gifts. Our safety certified instructors keep your party safe and fun. Parents provide the food and paper products and GU does the clean up. Parties are geared for children ages 4-10 years. Parents, siblings, and children under 4 years old will not be admitted in the gym area. Children attending should wear comfortable stretch clothing and bare feet. (No tights Please) *Cost: \$180.00 up to 10 students \$10.00 each additional child. Maximum 5 additional children.*

### Team Workouts:

USAG Levels 4/5/6- Tues./Wed./Thurs. 6:30-9:30 am  
USAG Levels 7/8/9- Mon. 12:30-3:30 pm, and same as above  
JOGA 1/2/3/4- Mon./Wed. 12:30-3:00 pm  
JOGA 5/6- Tues./Thurs. 12:30-3:00 pm

