

Kingston Gymnastics Club

SUMMER CAMP 2018

WHY CHOOSE KGC?

Children will stay active for the majority of the day and learn new gymnastics skills

- Our camp gymnastics classes are structured and led by Qualified Coaches
- Gymnastics boosts confidence and helps develop life-long skills
- We offer supervised free time in the gym for gymnastics, games, and activities

Every camp week is different and includes more than just gymnastics

- Every week features a new theme which includes a different field trip, special guest and/or special activities based on the theme
- Every week we take a bus trip to the Boys & Girls Club to swim, followed by outdoor free play at Jim Beattie Park
- We have an outdoor space behind our facility to play

Children will meet new friends and enjoy our small coach to participant ratio

- Camp groups are based on age, ability, and with siblings/friends as requested
- Ratios are kept small for safety and enjoyment

Our camp coaches are chosen for their experience, passion, patience, and leadership skills

- Our coaches are qualified through Gymnastics Ontario and receive in-club training
- An experienced Supervisor is scheduled on Camp everyday
- The Camp Coordinator is easily reachable and our Coaches are available to talk daily

We have a large, well-equipped facility, and a well-established non-profit organization

- KGC was incorporated in 1971, making us the longest operating club in Kingston
- Our gym has a new Tumble Trak, along with an in-group trampoline and pit
- Our rock wall for climbing and bouldering leads into our mesh pit
- We have a sprung floor, several beams and bars, and vaulting areas
- Equipment is switched out weekly to keep the gymnastics activities new and fun
- Our gym includes special "Just For Kids" equipment designed for children under 6
- We have a second-floor for craft, snack, lunch, play time, and to watch your gymnast
- Our second-floor area and gym are air-conditioned

We're proud to offer an affordable and flexible camp

- We offer free pre and post care, and a 30% discount for siblings
- Choose single half days or full days, register for a full week, or more
- Friday is pizza day (\$), and freezies are given out daily at no cost
- Full week registrants will receive a free KGC T-Shirt



1343 Midland Avenue, Unit 320, Kingston

www.KingstonGymnastics.Club

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kingstongymnasticclub@bellnet.ca

613-384-1190