

# Aeon Fitness and Gymnastics · Summer Camp Programs 2018



www.aeonfitgym.com · (201) 664-0304 · 157 Patterson Street, Hillsdale, NJ 07642



**Dates: June 18<sup>th</sup> – August 26<sup>th</sup> · (10 weeks)**

## Mini Movers Day Camp

This full of smiles *half day camp* is designed for girls and boys *ages 3-5*. These campers will learn basic gymnastics, jump on trampolines, swing on various apparatus, and discover coordination and balance as they explore our exciting obstacle courses! All camp games and activities are geared towards learning and fun. We will provide a small arts and crafts activity that they will make daily. These campers should bring a small snack and a re-sealable drink.

**Part Day: 9:30am-12:30pm**

*Available: Monday, Tuesday, Wednesday, Thursday, Friday*

*Price Per Day: \$45*

*Price Per 5 Day Week (Monday-Friday): \$185*

## Half Day Movement and Gymnastics Day Camp

Our *half day movement day camp* for girls and boys *ages 5-13* is one of a kind! The first hour will be composed of gymnastics skill building including basics and an introduction to flipping and tumbling all designed with fun in mind! This movement day camp will include a variety of physical activities, games, and friendly contests. Camp includes a touch of all of our programs including a variety of fitness concepts, gymnastics, fitness dance parties, and sport themes. These campers should bring a small snack and a re-sealable drink.

**Options: Half Day Morning: 9:30am-12:30pm or Half Day Afternoon: 12:30pm-3:30pm**

*Available: Monday, Tuesday, Wednesday, Thursday, Friday*

*Price Per Day: \$45*

*Price Per 5 Day Week (Monday-Friday): \$185*

## Full Day Movement and Gymnastics Day Camp

Our *full day movement day camp* for girls and boys *ages 5-13* is 6 exciting hours of gymnastics, flipping, movement, games, contests, and tons of fun! This movement camp will be composed of gymnastics skill building including basics and an introduction to flipping and tumbling. Also included is a variety of all-day physical activities, games, and friendly contests. Camp includes a touch of all of our programs including a variety of fitness concepts, gymnastics, fitness dance parties, and sport themes. 45These campers should bring a small snack, a lunch, and two re-sealable drinks.

**Full Day: 9:30am-3:30pm**

*Available: Monday, Tuesday, Wednesday, Thursday, Friday*

*Price Per Day: \$85*

*Price Per 5 Day Week (Monday-Friday): \$365*

## Tumble Camp

Our two hour *tumble day camp* is for *ages 7-18*. These students focus on basic gymnastics skill building as well as all tumbling progressions. These campers will practice on the tumble track, trampoline, spring floor, cheer tumble strips, air track, rod floor, foam pit, and use various matting to advance their tumbling skills. Beginner, intermediate, and advanced skills will be taught with the main skill focus on the following: forward roll, handstand, cartwheel, round-off, back and front walkovers, back and front handsprings, back and front tucks, layouts, and twisting. *Cartwheel required to join*. This camp is ideal for cheerleaders and dancers or for those who love to tumble. These campers may bring a re-sealable sport drink.

**Part Day: 11:00am-1:00pm**

*Available: Monday, Wednesday, Friday*

*Price Per Day: \$35*

*Price Per 3 Day Week (Monday, Wednesday, and Friday): \$90*

## Movement/Gymnastics and Tumble Camp Combo

The *movement/gymnastics and tumble camp combo* allows our campers to do the combination of fun in our half day gymnastics camp with the skill building of our tumble camp. These campers would join the half day gymnastics camp until 11:00 and then join the tumble camp until 1:00. This camp is offered for students *ages 7-18*. *Cartwheel required to join*. These campers should bring a small snack and a re-sealable drink.

**Part Day: 9:30am-1:00pm**

*Available: Monday, Wednesday, Friday*

*Price Per Day: \$50*

*Price Per 3 Day Week (Monday, Wednesday, and Friday): \$135*



**\*\*You can sign up and pay by day or by week and do any days or weeks of camp throughout the 10 week summer session\*\***

**\*\*Please ask us about combining our various camps\*\***

**10% Sibling Discount · \$25 Annual Registration Fee**

**\*\* Also See our Summer Class Options \*\***

***Sign-ups begin May 29<sup>th</sup>!***