



Atlanta
NORTH STARS
GYMNASTICS

ANSG SUMMER CAMP 2010!

9:00AM:	Arrival and Sign In
9:00AM-9:15AM:	Warm Ups
9:15AM-9:45AM:	Vault Stations
9:45AM-10:15AM:	Bars Stations
10:15AM:	Snack
10:30AM-11:00AM:	Trampoline Stations
11:00AM-11:30AM:	Pit, rope, high bar
11:30AM-12:00PM:	Races, fun gym activities
12:00PM-12:30PM:	Lunch Time!
12:30PM-1:00PM:	Free Time
1:00PM-2:00PM:	Activity or Quiet time
2:00PM-2:45 PM:	Vault and Bars Stations
2:45PM-3:30PM:	Beam and Floor Stations
3:30PM-3:45PM:	Snack
3:45PM-4:00PM:	Free Time/Pick Up time/ Sign Out. See you tomorrow!! Gymnastics Camp is so much fun!

Your camper will need to wear proper attire. Please dress them into fitting clothing and no jeans or belts. Girls need to have their hair pulled back.

There will be a different fun "theme" every week. We'll definitely be learning a lot and creating neat projects. We'll learn new skills, routines and dances. Have races and make pit block castles! It's great to bounce and enjoy doing gymnastics. On hot days- which we'll have plenty of-it will be fun to take a trip to the pool or eat some popsicles. Your gymnast will flip over the fun!!