



Ace Gymnastics Academy

Practice Like a Champion™

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Summer Camp 2024 Registration Form

Athlete's First and Last Name _____

Athlete's Date of Birth _____

Athlete's Level _____

Please, circle the days and times your child will be attending:

Week 1: June 17-21, Full Week FD – FULL DAY/ HD – HALF DAY /PT – PRE-TEAM

Mon (6/17) FD/HD/PT Tue (6/18) FD/HD/PT Wed (6/19) FD/HD/PT Thu (6/20) FD/HD/PT Fri (6/21) FD/HD/PT

Week 2: June 24-28, Full Week FD – FULL DAY/ HD – HALF DAY /PT – PRE-TEAM

Mon (6/24) FD/HD/PT Tue (6/25) FD/HD/PT Wed (6/26) FD/HD/PT Thu (6/27) FD/HD/PT Fri (6/28) FD/HD/PT

Week 3: July 1-5, Full Week FD – FULL DAY/ HD – HALF DAY /PT – PRE-TEAM

Mon (7/1) FD/HD/PT Tue (7/2) FD/HD/PT Wed (7/3) FD/HD/PT Thu (7/4) CLOSED Fri (7/5) FD/HD/PT

Week 4: July 15-19, Full Week FD – FULL DAY/ HD – HALF DAY /PT – PRE-TEAM

Mon (7/15) FD/HD/PT Tue (7/16) FD/HD/PT Wed (7/17) FD/HD/PT Thu (7/18) FD/HD/PT Fri (7/19) FD/HD/PT

Week 5: July 22-26, Full Week FD – FULL DAY/ HD – HALF DAY /PT – PRE-TEAM

Mon (7/22) FD/HD/PT Tue (7/23) FD/HD/PT Wed (7/24) FD/HD/PT Thu (7/25) FD/HD/PT Fri (7/26) FD/HD/PT

Week 6: July 29-Aug 2, Full Week FD – FULL DAY/ HD – HALF DAY /PT – PRE-TEAM

Mon (7/29) FD/HD/PT Tue (7/30) FD/HD/PT Wed (7/31) FD/HD/PT Thu (8/1) FD/HD/PT Fri (8/2) FD/HD/PT

Tentative Daily Schedule FULL DAY/ HALF DAY

9:00-9:10am	Cardio (rope/running)
9:10-10:00am	Warmup (parterre/ballet/dance)
10:00-10:30am	Flexibility/stretching, acrobatics
10:30am-11:00am	Body skills - balances, turns, jumps
11:00am-12:00pm	Apparatus skills
12:00-1:00pm	Lunch break, arts & crafts
1:00-1:30pm	Sports games, coordination games
1:30-2:30pm	Apparatus skills
2:30-3pm	Strengthening and conditioning

Tentative Daily Schedule PRE-TEAM

1-1:15pm	Cardio (rope/running)
1:15-1:45pm	Warmup (parterre/ballet)
1:45-2pm	Flexibility/stretching
2:00-2:20pm	Body skills - balances, turns, jumps
2:20-2:50pm	Apparatus skills
2:50-3:00pm	Strengthening and conditioning

Camp Tuition

*All costs are per child – non-refundable, due upon enrollment.

Full Day (FD) Camp: 9am-3pm

Weekly rate: \$500/week

Week 3 (July 1-5): \$400/week

Daily rate: \$125/day

Half Day (HD) Camp: 9am – 12pm

Weekly rate: \$350/week

Week 3 (July 1-5): \$280/week

Daily rate: \$80/day

Pre-Team Camp (PT) 5-8 years old: 1pm-3pm

Weekly rate: \$245/week

Week 3 (July 1-5): \$200/week

Daily rate: \$60/day

Discounts

Early payment discount: 5% off when you prepay in full before May 15th, 2024

Sibling discount: 10% off the full day, full week(s) tuition for 2nd child.

Multiple weeks: 10% off when you register for 5 or more full weeks of camp.

Welcome to Ace Gymnastics Academy Summer Program!

We are thankful for your trust and are excited to work with your children!

We have implemented several Policies to assure that the summer training is productive, fun and safe for all the participants.

Dress Code

Solid black leotard/tank top, stretchy shorts, white socks/toe-shoes. Hair must be in a bun or a short ponytail. No jewelry allowed (small stud earrings are okay).

Drop Off and Pick Up

We ask that parents physically come into the gym to drop off and pick up their children regardless of age. Camp starts and ends at the scheduled times. Please be sure you see your child in class prior to leaving the facility and pick her up on time. We are USA Gymnastics professional club member and follow "Safe Sport" protocol. We are unable to supervise children prior or post camp/class time. Ace Gymnastics staff is responsible for children only during their scheduled camp/class times. If you need to pick up your child early, please let us know at the time of drop-off.

Attendance

Please notify the gym via text message (424-999-9655 or 424-385-9278) or email (info@acegymacademy.com) if your child is going to miss a camp day prior to practice time. In case of an illness, please let us know asap and keep a sick child at home!

Code of conduct

Your children are our priority and we hold primary responsibility for maintaining safe environment during camp/classes for all the participants. Child may be asked to leave camp/class after several disciplinary warnings. This may include disruptive or dangerous behavior, being rude or disrespectful to the coach or other campers.

Questions/Concerns

If you need to speak to your child's coach, please do so after the class. We are happy to answer any questions you might have regarding your child or the program. We are asking not to call/text coaches during the camp training, unless it is an absolute emergency. Harassing or threatening a coach in any way will cause an immediate dismissal from the Program and the Academy.

Parents Responsibilities

Please make sure all contact information is current and up to date, and all payments are made on time!

Please make sure your child has enough fresh water and healthy snack/lunch for the day. Food and drinks are not provided.

Competition Team Policies

Team members must have available at every practice:

- All apparatus (rope, hoop, ball, clubs, ribbon)
- Thera-band
- Pastorelli band with loops
- Two tennis balls
- Weights

Routines for Xcel, Levels 3-5 are shared by all gymnasts and will be choreographed during the summer camp.

Routines for Development Levels 6-8 and FIG program are individual for each gymnast and will be choreographed during private lessons. It is the responsibility of the parents to schedule private lessons for routine choreography during summer (July/August).