



PRACTICE LIKE A CHAMPION

Rhythmic Gymnastics Intensive Program Summer Camp 2023

Week 1: June 19-23

Week 2: June 26-30

Week 3: July 3-7

Week 4: July 17-21

Week 5: July 24-28

Week 6: Aug 7-11

Competitive Teams: Level 5/6/7, Xcel Gold/Platinum 9am – 3:30pm

9:00 – 11:00am Parterre warmup or Ballet/ Stretching/ Conditioning/ Acrobatics

11:00 – 12:00pm Body Difficulties Technique (balances, pivots, jumps)

12:00 – 12:30pm Lunch break

12:30 – 1:00pm Sports Games/ Dance/ Tennis balls coordination drills

1:00-3:30pm Apparatus Difficulties Technique (rope, hoop, ball, clubs, ribbon)

Tuition (All costs are per child – non-refundable, due upon enrollment)

Weekly rate: \$500/week

Week 3 (7/3-7/7): \$400/week

Daily rate: \$125/day

Ages 5+ Rec, Pre-Team, Level 3/4

9am – 3:30pm, 9am-12:30pm, 1-3:30pm

9:00 – 10:30am Warmup/ Stretching/ Body Difficulties Technique (balances, pivots, jumps)

10:30-10:45am Snack break

10:45am-12:15pm Apparatus Technique (rope, hoop, ball)

12:15-12:30pm Conditioning

12:30-1pm Lunch break

1:00-3:30pm Stretching + Strength, Acro, Apparatus Technique with Body Difficulties

Tuition (All costs are per child – non-refundable, due upon enrollment)

Full Day (FD) Camp

9am – 3:30pm

Weekly rate: \$500/week

Week 3 (7/3-7/7): \$400/week

Daily rate: \$125/day

Half Day Camp – morning (AM)

9am – 12:30pm

Weekly rate: \$350/week

Week 3 (7/3-7/7): \$280/week

Daily rate: \$85/day

Half Day Camp – afternoon (PM)

1pm – 3:30pm

Weekly rate: \$280/week

Week 3 (7/3-7/7): \$225/week

Daily rate: \$70/day

NEW! Summer Stretching, Strength and Skills

Ages 5 and up. Ice Skaters, Dancers, Cheerleaders are welcome!

Improve your flexibility, get stronger and learn new skills!

9-10:30am – Beginner/Intermediate: Daily rate: \$40/day

9-11am – Intermediate/Advanced: Daily rate: \$55/day

REGISTRATION FORM

Student's First and Last Name _____

Student's Date of Birth _____

Student's Level _____

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

Week 1: June 19-23

Mon (6/19) FD/AM/PM **Tue (6/20)** FD/AM/PM **Wed (6/21)** FD/AM/PM **Thu (6/22)** FD/AM/PM **Fri (6/23)** FD/AM/PM

Week 2: June 26-30

Mon (6/26) FD/AM/PM **Tue (6/27)** FD/AM/PM **Wed (6/28)** FD/AM/PM **Thu (6/29)** FD/AM/PM **Fri (6/30)** FD/AM/PM

Week 3: July 3-7

Mon (7/3) FD/AM/PM **Tue (7/4)** OFF **Wed (7/5)** FD/AM/PM **Thu (7/6)** FD/AM/PM **Fri (7/7)** FD/AM/PM

Week 4: July 17-21

Mon (7/17) FD/AM/PM **Tue (7/18)** FD/AM/PM **Wed (7/19)** FD/AM/PM **Thu (7/20)** FD/AM/PM **Fri (7/21)** FD/AM/PM

Week 5: July 24-28

Mon (7/24) FD/AM/PM **Tue (7/25)** FD/AM/PM **Wed (7/26)** FD/AM/PM **Thu (7/27)** FD/AM/PM **Fri (7/28)** FD/AM/PM

Week 6: Aug 7-11

Mon (8/7) FD/AM/PM **Tue (8/8)** FD/AM/PM **Wed (8/9)** FD/AM/PM **Thu (8/10)** FD/AM/PM **Fri (8/11)** FD/AM/PM

Discounts

Early payment discount – 5% off when you prepay in full before May 19th, 2023

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

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

FREE private lesson when you register for 6 weeks of camp (per child).