

Gymkhana Summer Schedule Monroeville/Plum

Kids Kamp 2009

A Gymkhana Favorite, our unique day camps are available for children ages 3-12 years old. You child will be introduced to a FUN Filled variety of physical, social and creative activities by our professional YSA Gymnastics Safety Certified Staff that will include: special themed activities with Gymkhana Gymnastic lesson plans, we are recognized as Pittsburgh's premier gymnastic program. We use all of the equipment including, floor exercise, balance beam, rings, uneven bars, Mini trampoline, tumble trak, and the goliath trampoline.

Group activities also include dry land wacky water games, parachute play, Gymkhana's famous obstacle courses, zip line and much more. Kampers are placed in age groups, supervised at all times and will receive a snack each day.

Parents are invited to our "closing ceremonies" on the last day of each camp session, where the children will receive an award. Children will receive a participation certificate and Gymkhana's very special Khid Kamp t-shirt. Experience the thrill of such a wide variety of activities, sure to bring a smile to your kampers face. All this fun and excitement under one roof!

*(Children must be potty trained)

| | | | | | |
|---------|--------|-------|--------|--------|-------|
| Kamp #1 | June | 9-11 | 3 Days | 9-12pm | \$90 |
| Kamp #2 | June | 5-16 | 2 Days | 9-12pm | \$66 |
| Kamp #3 | June | 9-30 | 2 Days | 9-12pm | \$66 |
| Kamp #4 | July | 6-7 | 2 Days | 9-12pm | \$66 |
| Kamp #5 | July | 13-17 | 5 Days | 9-12pm | \$131 |
| Kamp #6 | July | 20-24 | 5 Days | 9-12pm | \$131 |
| Kamp #7 | August | 3-4 | 2 Days | 9-12pm | \$66 |
| Kamp #8 | August | 10-11 | 2 Days | 9-12pm | \$66 |
| Kamp #9 | August | 17-18 | 2 Days | 9-12pm | \$66 |

Where kids go to have fun!

Tumbling Camps 2009

Gymkhana is offering a special tumbling mini camp, concentrating on skills from basic to advanced levels on floor, trampoline and tumble trak. Our bungee system is used to enhance their learning. Standing and running tumbling are included. These camps are for students ages 5 & up.

(\$35 Yearly family fee MUST be current)

| | | | | | |
|---------|------------|--------|-------|-----------|--------------|
| Camp #1 | June 22-23 | 2 Days | 5-7pm | \$22-1day | \$39- 2 days |
| Camp #2 | July 27-28 | 2 Days | 5-7pm | \$22-1day | \$39- 2 days |

Open Gym 6yrs and up

Beginner, intermediate, team and tumbling students

This is a practice time to work on skills introduced during class. Limited space, filled on a first come first served basis. (\$35 yearly family fee MUST be current) (Must be a Gymkhana past or present student)

Thursdays 6:45-8pm \$15 each visit

6/18, 6/25, 7/2, 7/9, 7/18, 7/30, 8/6, 8/13, 8/20

Gymkhana ITG class Schedule

Toddler / Mini Gym- 12-36 months

A parent and child development program lets you have fun while helping your child master important developmental tasks. Activities include gross motor obstacle courses using gymnastics equipment, "silly pool", circle games and tumbling.

| | | | | | |
|-------------------|------------------------------|-------------------|------------------|----------------|-------------|
| Session #1 | Wednesday or Thursday | 9:30-10:15 | 6/15-7-11 | 4 weeks | \$50 |
| Session #2 | Wednesday or Thursday | 9:30-10:15 | 7/27-8-22 | 4 weeks | \$50 |

Gymkhana Developmental class Schedule- 2½-6 yrs

Our pre-school program introduces children to basic skills and coordination tasks on various gymnastics equipment. The emphasis of the program is getting the children to try new skills, positive reinforcing the attempts, giving the children a positive attitude towards physical activity and new situation. In our program, children can have fun while they develop co-ordination, gymnastics skills, balance and self confidence. These class times are divided by age. Students should register for their current age group. All of the classes are similar in content but vary in approach and expectations.

| | | | |
|-------------------|------------------|----------------|-------------|
| Session #1 | 6/15-7-11 | 4 weeks | \$50 |
| Session #2 | 7/27-8/22 | 4 weeks | \$50 |

| | Monday | Wednesday | Thursday | Saturday |
|-------------------------------|---------------|-------------------------------------|--------------------|--------------------|
| My grown up & me** | | 11:30-12:15 | 10:30-11:15 | 10:30-11:15 |
| 3Yrs | 1:1:45 | 10:30-11:15 | 11:30-12:15 | 11:30-12:15 |
| 4Yrs | 1:1:45 | 10:30-11:15 1:1:45 | 11:30-12:15 | 11:30-12:15 |
| 5Yrs | 1-1:45 | 1-1:45 | 11:30-12:15 | 11:30-12:15 |
| 6Yrs | 1-1:45 | 1-1:45 | 11:30-12:15 | 11:30-12:15 |

Sensory Zone

Gymkhana is pleased to offer classes for children with special needs or those requiring adaptive programs to participate in community activities Children with a diagnosis' such as Autism, Down's Syndrome, Cerebral Palsy, ADHD, behavior deficits, sensory processing disorders or other physical, mental or social challenges will benefit greatly.

Heather Dempsey, a licensed Occupational Therapist has developed extensive activities for the children's Sensory Zone experiences. Class and camp focus is on sensory processing and stimulation through the use of sensory toys, a sand/water table, vestibular swings and slides, social skills, communication development, fine and gross motor skills, behavioral modification, relaxation techniques and musical instruments of all types.

Classes and camps will be held primarily in Gymkhana's Sensory Zone adaptive room. Activities in the "Big Gym" will be based on availability and Heather's discretion. The student to teacher ratio is 5 to 1 and may vary depending upon the needs of the children.

Sensory Zone camps and classes will be at our Monroeville location. Facility is handicap accessible.

| | | | |
|-------------------|------------------|----------------|--------------|
| Session #1 | 6/15-7-11 | 4 weeks | \$100 |
| Session #2 | 7/27-8/22 | 4 weeks | \$100 |

| | Wednesday |
|---------------------------|------------------|
| 2,3 & 4 years- | 4:30-5:30 |
| 5 & 6 years- | 6:30-7:30 |
| 7 years & up | 5:30-6:30 |

Tumbling- 5-18 yrs (boys and girls)

Gymkhana offers tumbling classes for students interested in learning tumbling skills needed for cheerleading, dance or fun.

Session #1 **6/15-7-11** **4 weeks**
Session #2 **7/27-8/22** **4 weeks**

| | | | |
|--------------------|-------------------------------------|-------------------|-------------------------|
| Monday- | 2-3pm, (5-8yrs) | 1hr | \$58 per session |
| Wednesday - | 6:45-8pm, (8yrs & up) | 1hr 15 min | \$74 per session |
| Thursday- | 5:30-6:45pm, (8yrs & up) | 1hr 15 min | \$74 per session |

(make- ups for the Monday 2-3pm class can be made up during open gym)

Recreational - 6-18 yrs (boys and girls)

These classes are for beginner as well as continuing students still at the beginner and intermediate levels. Instruction includes basic gymnastic skills and techniques using all of the Olympic apparatus. Plus the goliath trampoline, tumble trak and mini tramp. Children are evaluated and placed into the appropriate age and ability groups within their class time. Students may move from one level to the next by passing established skill requirements. A student to teacher ratio of 8 to 1 is maintained.

Session #1 **6/15-7-11** **4 weeks**
Session #2 **7/27-8/22** **4 weeks**

| | Beginner 1-3 | | Intermediate 4-6 | |
|-------------------|---------------------|-------------|-------------------------|-------------|
| Monday- | 2-3pm | \$58 | | |
| Tuesday- | 1-2pm | \$58 | | |
| Wednesday- | 4:30-5:30pm | \$58 | 5:30-6:45 | \$74 |
| Saturday- | 12:30-1:30pm | \$58 | | |

Please return the completed registration form along with the \$40 deposit per class or camp to:

Gymkhana Gymnastics
4650 Old Frankstown Road
Pittsburgh, Pa 15239

First time Student_____

NAME:_____

ADDRESS:_____

CITY:_____ STATE:_____ ZIP:_____

HOME PHONE:_____ CELL PHONE_____

E-MAIL:_____

(Please circle ALL programs desired)

| | | | | |
|------------------------|------------------|-------------------|-----|-----|
| Toddler / Mini Gym | Day & Time:_____ | Session | 1__ | 2__ |
| Development Classes | Day & Time:_____ | Session | 1__ | 2__ |
| Recreational (Beg/Int) | Day & Time:_____ | Session | 1__ | 2__ |
| Tumbling | Day & Time:_____ | Session | 1__ | 2__ |
| Tumbling Camp | #1 6/22/23_____ | #2 7/27-7/28_____ | | |

| | | | | | | | | | |
|-------------|----|----|----|----|----|----|----|----|----|
| Khids Kamps | #1 | #2 | #3 | #4 | #5 | #6 | #7 | #8 | #9 |
|-------------|----|----|----|----|----|----|----|----|----|

(All children attending khids kamps will receive a Gymkhana summer kamp t-shirt)
Please circle size choice below.

Youth: XS S M L Adult: S M L XL

We, the undersigned parent's of_____ permit the above named student to participate in Gymkhana Inc's programs. I am aware that gymnastics and gymnastic exercise associated with it, may place stress on the body and carry with them the risk of physical injury. On behalf of my child and myself, I assume the risk and agree that Gymkhana Inc. corporate officers, faculty and any agent shall not be liable in any way for any injuries sustained or for loss of property during attendance at the school or any of it's related functions. My child has permission to be treated for emergency medical care.

Signature of Parent_____ Date:_____