

# Camps 2017

Camps run  
Monday  
through  
Thursday,  
10:00-12:30.

Ages 6 and Up

Cost: \$125/wk

Discount: Save  
10% when you  
sign up for  
multiple weeks!

June 26-29	<b>BARS 101</b>	Starting with the basics (positions, swings, and upper body strength), and moving through higher level skills, Bars 101 will give you a leg up on the hardest event in gymnastics!
July 10-13	<b>TUMBLING CAMP</b>	Cheerleaders, Tumblers, Dancers, and gymnasts will all benefit from Tumbling Camp. No experience necessary, let our staff hone and develop your basic skills and start to turn those key elements into higher level tumbling!
July 17-20	<b>FLIP CAMP!</b>	This one requires some experience. Turn your back handspring into a back somersault – tuck or layout. Already have a layout? Time to introduce twisting. The sky is the limit. Come with a minimum of a front and back handspring, and we'll take it from there!
July 24-27	<b>VAULTING CAMP</b>	Most gymnasts compete a Front Handspring vault, but there are so many other things to learn about this event!. Utilize our foam pit and Olympic level equipment, and vault to the next level!
July 31-Aug 3	<b>BARS 101</b>	Starting with the basics (positions, swings, and upper body strength), and moving through higher level skills, Bars 101 will give you a leg up on the hardest event in gymnastics!
Aug 7-10	<b>TUMBLING CAMP</b>	Cheerleaders, Tumblers, Dancers, and gymnasts will all benefit from Tumbling Camp. No experience necessary, let our staff hone and develop your basic skills and start to turn those key elements into higher level tumbling!
Aug 14-17	<b>FLIP CAMP!</b>	This one requires some experience. Turn your back handspring into a back somersault – tuck or layout. Already have a layout? Time to introduce twisting. The sky is the limit. Come with a minimum of a front and back handspring, and we'll take it from there!

## GYMNASTICS REVOLUTION

14 Starr Rd.  
Danbury, CT 06810

203.778.3547  
www.gymnasticsrevolution.com

