

## GYMNASTICS CAMP INFORMATION

Gymnastics camps for youth & preschool age children are offered weekly starting June 27th.

The children will experience a day full of gymnastics, games, arts & crafts, swimming and more...

The ratio is 6:1 for the preschool camps and 8:1 for the youth camps.

Children need to bring plenty to drink, snacks, lunch, bathing suit, towel and a change of clothes all clearly labeled with their name. Children should wear comfortable clothing, shorts, t-shirt or sweat pants. No jeans please.

Weekly Gym Shows will be held on Fridays, 11:30am for 1/2 day campers and 3:30pm for full day campers.

## PRESCHOOL 1/2 DAY GYMNASTICS CAMPS

Ages: 3-6 co-ed 1/2 Day Camp

2, 3 & 5 day options 9:00am-12:00pm

Session Dates:

6/27-7/1; 7/11-7/15; 8/15-8/19

Your preschooler will twirl, twist, tumble and have a whole lot of fun in our state-of-the-art gymnastics facility! Each day, campers will learn new skills on all of the equipment and do an arts and crafts project to take home. Families have the flexibility to choose between 2, 3 or 5 days of gymnastics per week. Campers should bring snacks, drinks and a change of clothes daily. Extended morning is available & included in the price. The week ends with a Gym Show every Friday at 11:30am.

## Gymnastics L.I.T. Program

Ages: Middle School, co-ed

Session length: One week, Monday-Friday

Session options: 2-day, 3-day, 5-day

Session dates: 7/11-7/15; 7/25-7/29; 8/8-8/12

LIT applicants must submit an application prior to registration. Print one from online at [www.northshoreymca.org](http://www.northshoreymca.org). The LIT program is a great camp option for those campers who are interested in gaining the leadership skills and experiences necessary to become a CIT. Accepted candidates will learn communication, teamwork skills and opportunities to learn and lead. Its not all work though, LIT's also enjoy all the fun of the Gymnastics camp!



## Haverhill YMCA Gymnastics, Cheer & Dance Summer Camps



Haverhill YMCA  
81 Winter St  
Haverhill, MA 01830

978-374-0506

For more information check out our web site [www.northshoreymca.org](http://www.northshoreymca.org)

or contact

Judy Dugar, Gymnastics Director  
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## BOYS GYMNASTICS CAMP

Boy Grades 1 and up 2, 3 & 5 day options

Session dates: 7/5-7/8, 7/18-7/22, 8/1-8/5

Your child will start the day with all types of gymnastics activities. Vaulting, swinging on the bars, learning new skills on the floor exercise and balance beam, and of course jumping and tumbling on the tumble track and trampoline. The afternoon will include swimming in our indoor pool. This camp is for boys of all ability levels. The campers will receive a progress report at the end of the week to let parents know what they have learned. Be sure to pack snacks, lunch, plenty to drink, sneakers, swim suit and towel (all labeled with their name). Drop off and pick up is in the Gymnastics Center. Before & after care and Camp T shirts are included in the camp fee. The week ends with a Gym Show every Friday at 3:30pm.

## Gymnastic Camp

Ages: 1st grade & up 2, 3 & 5 day options

9:00am-4:00pm

Session Dates:

6/27-7/1, 7/5-7/8, 7/11-7/15, 7/18-7/22, 7/25-7/29,  
8/1-8/5, 8/8-8/12, 8/15-8/19, 8/22-8/26

Your child will start the day with a variety of gymnastics activities including vaulting, swinging on the bars, learning new skills on the floor and balance beam, and of course jumping and tumbling on the tumble track and trampoline. The afternoon will include swimming in our indoor pool. This camp is for boys and girls of all ability levels. The campers will receive a progress report at the end of the week to let parents know what they have learned. Be sure to pack snacks, lunch, plenty to drink, sneakers, swim suit and towel daily. Drop off and pick up is in the Gymnastics Center. Before & after care and Camp T shirts are included in the camp fee. The week ends with a Gym Show every Friday at 3:30pm.

## Preschool Stay & Play Gymnastics Camp

Ages: 3-6, co-ed

Session length: One week, Monday-Friday

Session options: 2-day, 3-day, 5-day

Session dates: 6/20-6/24, 6/27-7/1, 7/5-7/8, 7/11-7/15, 7/18-7/22,  
7/25-7/29, 8/1-8/5, 8/8-8/12, 8/15-8/19, 8/22-8/26

Time: 9:00am-4:00pm

Your preschooler will twirl, twist, tumble and have a whole lot of fun in our state-of-the-art gymnastics facility! Each day, campers will learn new skills on all of the equipment and do an arts and crafts project to take home as well as swimming in our indoor pool. Families have the flexibility to choose between 2, 3 or 5 days of gymnastics per week. Campers should bring snacks, drinks, bathing suit and towel and a change of clothes daily. Before & after care and Camp T shirts are included in the camp fee. The week ends with a Gym Show every Friday at 3:30pm.

## Preschool Stay & Play Dance & Spa Camp

Ages: 3-6 co-ed

2, 3 and 5 day options

Full day options

Session dates:

6/27-7/1, 7/11-7/15, 8/22-8/27



Your preschooler will enjoy a morning of dancing, movements and arts and crafts. The afternoon will include hair styling with beads, nails painted and swimming in our indoor pool. Families have the flexibility to choose between 2, 3 or 5 days of dancing per week. Campers should wear a leotard and footless tights or stretch pants and t-shirt. Campers should bring snacks, drinks and a change of clothes daily. Before & after care and Camp T shirts are included in the camp fee. The week ends with a Gym Show every Friday at 3:30pm.

## Gymnastics Stars In Training Camp

Ages: Grades 1 and up

Session Dates: 7/5-7/8; 8/1-8/5

5 day option only

This camp is for girls who have completed Intermediate or advanced classes & want the opportunity to rise to the next level. The girls will be working on USA Gymnastics level 3 / 4 skills in the morning. Their afternoon will include swimming. Please pack lunch, snacks, plenty of drinks, bathing suit & towel. Before & after care and Camp T shirts are included in the camp fee. The week ends with a Gym Show every Friday at 3:30pm.

## Cheer Camp

Ages: Grades 1 & up co-ed

2, 3 or 5 day options

Session dates: 7/5-7/8, 7/18-7/22, 7/25-7/29,  
8/22-8/26

This camp will teach basic jumps and tumbling skills and more advanced skills for the experienced cheerleader. A mini routine will be taught and performed. Campers will also learn the fundamentals of tryouts. Before & after care and Camp T shirts are included in the camp fee. The week ends with a Gym Show every Friday at 3:30pm.