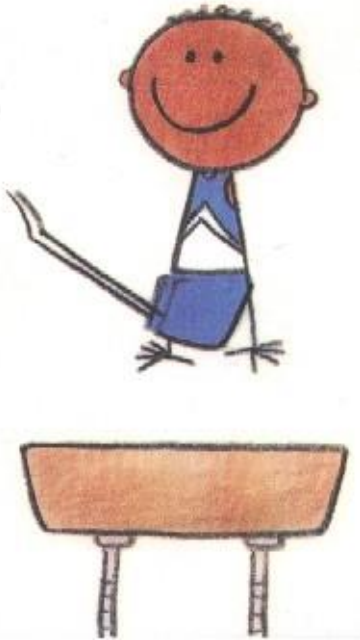
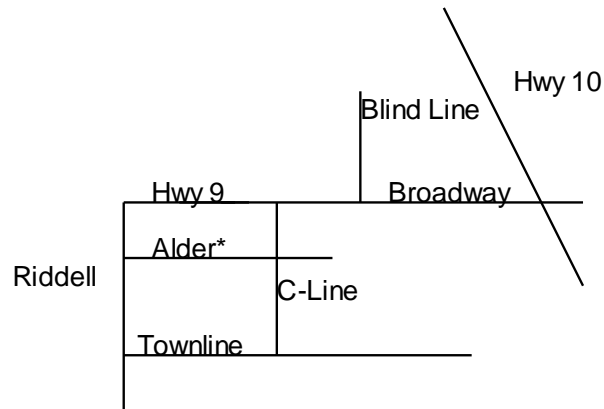


FULLY equipped spacious 18,000 square foot facility including a 40'x 40' spring floor, four trampolines set in the ground, 60' tumbletrak, five sets of bars, six balance beams, parallel bars and a variety of gymnastics equipment suited for our younger gymnasts.



## Where Are We?

Alder Street Recreation Centre  
275 Alder Street  
Orangeville, Ontario  
L9W 5H6



**START HERE AND GO ANYWHERE!**

## Summer Day Camp 2022



**FUN, FITNESS, FUNDAMENTALS**

Phone Number - 519-942-2477

E-Mail - [twisters@bellnet.ca](mailto:twisters@bellnet.ca)  
[www.twistersgymnastics.ca](http://www.twistersgymnastics.ca)

## *Camp Dates*

Week 1 - July 4 - 8  
Week 2 - July 11 - 15  
Week 3 - July 18 - 22  
Week 4 - July 25 - July 29  
Week 5 - Aug 2 - 5\* (4 days only)  
Week 6 - Aug 8 - 12  
Week 7 - Aug 15 - 19  
Week 8 - Aug 22 - 26

Cost per week is \$260.00 for **full day camp** from 9:00 a.m. to 4:00 p.m. Camp is for boys and girls ages 4 - 11 years. \*Week 5 is \$208.00

The cost per week for **half day camp** from 9:00 a.m. to 12:30 p.m. or 12:30 p.m. to 4:00 p.m. is \$150.00. \*Week 5 is \$120.00.

**All camps are subject to adequate enrollment**

### **\*Before Care Options:**

All 5 mornings (8-9 a.m.) - \$60.00

Only need occasional days? \$12.00 per hour of care. **Note: Late pick-ups will be charged**

**\$12.00 every 15 minutes after 4:00 p.m.**

## *What to Wear*

Body suits, shorts and t-shirts or anything which allows freedom of movement is acceptable for the gymnastics portion of camp. Please try to stay away from large, baggy clothing and no crop tops. No jewelry (especially rings and necklaces). Hair must be tied up with no loose ends. Bare feet or gym slippers are essential.

## *What to Bring*

- A water bottle (please mark your child's name on his/her water bottle)
- An emergency change of clothing
- Lunch and two snacks (due to the large number of allergies we ask that lunch and snacks be peanut and nut free)
- Sunscreen for outdoor play
- Bathing Suit and towel for outdoor water play

## *Sample Day at Camp*

|                 |   |
|-----------------|---|
| 8:00 -9:00 a.m. | *Pre-arranged early drop-off                                    |
| 9:00 a.m.       | Warm up stretching<br>Gymnastics rotations including trampoline |
| 10:30 a.m.      | Snack break   |
| 10:45 a.m.      | Themed craft/games  |
| 11:30           | Outdoor time  |
| 12:30 p.m.      | Lunch   |
| 1:45 p.m.       | Snack   |
| 2:15 p.m.       | Gymnastics rotations Including Trampoline                       |
| 3:30 p.m.       | Games   |
| 4:00 p.m.       | Home  |

## *How to Register*

Registration is taken online on a first come/first serve basis through our website.

**Payments Options:** Etransfer

You may also pay over the phone with Visa or Mastercard once you have completed your online registration. Register early to ensure your spot!

## *Camp Refund Policy*

Refunds will only be allowed two weeks prior to the start of the program. Requests must be made in writing. There will be a \$20.00 administration fee charged to all refunds.

## *General*

The gymnastics programs provide boys and girls with the opportunity to participate in a safe, enjoyable, and challenging gymnastics environment.

Qualified coaches provide instruction on the floor exercise, balance beam, trampoline, vaulting, mini trampoline, uneven & parallel bars, horizontal bars and tumbtrak.

The benefits of gymnastics include improved flexibility, strength, power, endurance, balance, co-ordination, spatial awareness, body awareness and mental concentration. These are important physical attributes not only for gymnastics but also for other sporting activities.