

2009  
**Holiday  
 Gymnastics  
 Camps**  
 December 28-30



St. Louis Spirits Gymnastics Club  
[www.SpiritsGym.com](http://www.SpiritsGym.com)  
 12975 Maurer Industrial Drive  
 St. Louis, MO 63127  
 (314) 843-3322  
 (314) 843-8844 (fax)

## Holiday Camps



Does your gymnast long to be in the gym more?



Does your gymnast flip or turn cartwheels continuously?



If you answered "YES!" to either of these questions, then Spirits Holiday Camps are what you are looking for!

Gymnasts will have the opportunity to grow in the sport of gymnastics while also enjoying their holiday break from school.

Gymnasts will:

- ★ Learn gymnastics at a faster pace
- ★ Clean up form and technique in current skills
- ★ Compete in skills contests
- ★ Enjoy relay races
- ★ Make new friends
- ★ And much, much more!

### Camp Calculator

Camp Fee	Member (1-day camp=\$35, 2-day camp=\$60)		
	Non-member (1-day camp=\$40, 2-day camp=\$65)		
Early Pay Discount*			-\$5.00
2nd Camp(6) Discount**		-25%	subtract \$ _____
Total Camp Fee			
	Before Care 8:00 AM - 9:00 AM	After Care 3:00 PM - 6:00 PM	
	M1 T1 F1 M2 T2 F2	M1 T1 F1 M2 T2 F2	
Care: \$2 per hr/per child	From when to when?	From when to when?	
Total Care Fee			
Total Camp/Care Fee			

Please circle the days you will need before/after care.

\*You may take this discount if Spirits has your registration form with payment by 1:00 PM on Saturday, December 12.

\*\*Only one child pays full fare. If you have another child attending another Spirits camp or this camp, you receive a discount off the camp of the same or lesser value.

A service fee of \$5.00 per child will be charged for every 15 minutes of child care after 6:00 PM.

If there is not enough of a need, we will not be able to offer the before/after care service.

## Camp Details

- ★ Camp is for boys and girls ages 5 and up.
- ★ Gymnasts will be divided according to skill level into groups no larger than 10 gymnasts. Each group will be assigned an instructor.
- ★ All gymnasts will have the opportunity to train with each instructor.
- ★ Gymnasts will progress at their own individual rate.



We Nurture "Health  Esteem"

## Camp Logistics

### COST:

3-day camp: \$91/\$96+care\*(mem/non)

1-day camp: \$35/\$40+care\*(mem/non)

### SCHEDULE: 9:00 AM - 3:00 PM

Before/After care will be available for a small fee. See back of Registration Form.

- ★ 25% discount for each additional child from the same family.
- ★ Each camp is limited to 40 gymnasts. Registration will be on a first come, first served basis.
- ★ To reserve your spot, mail in your complete registration form and the full amount or a 50% deposit. The entire balance is due by December 19.
- ★ Refunds will be given until December 19, minus a \$10.00 handling fee.
- ★ Participants must bring their own lunch and snacks. Soda, bottled water and snacks may be purchased. There will be a short morning and afternoon break.
- ★ Proper gymnastics attire is required. Swimsuits may be substituted for leotards. No pants with zippers, buttons or snaps.
- ★ Non-members may attend. A release of liability must be completed on every gymnast.

\*Before/After care costs \$2.00 per Hour/per gymnast. Form available on back of registration form to help determine cost.

## Holiday Camp Registration Form

### Gymnast

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone:(\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Class Day/Time: \_\_\_\_\_ / \_\_\_\_\_

Instructor(s): \_\_\_\_\_

Level: FA1 FA2 AR1 AR2 AR3  
HS LC PT

For which camps are you registering:

December 28-30  December 28  
 December 29  December 30

Are you interested in before/after care?

Yes  No

### Parents

Name: \_\_\_\_\_

Work:(\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Name: \_\_\_\_\_

Work:(\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

### Emergency Contact

Name: \_\_\_\_\_

Phone:(\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Make checks payable to  
"St. Louis Spirits" and mail to:  
St. Louis Spirits Gymnastics Club  
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St. Louis, MO 63127