

# 2010 Super Star Gymnastics Camps

June 14-18 and July 26-30



A gymnastics camp specially  
designed for the instructional level  
gymnast!

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 Super Star Gymnastics Camp  
is what you are looking for!

Gymnasts will have the opportunity to grow in  
the sport of gymnastics while also enjoying  
their summer 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!

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

## Camp Calculator

Camp Fee	Member		\$152.00
	Non-member		\$157.00
Early Pay Discount*			-\$5.00
2nd Camp(er) Discount**			-25%
Total Camp Fee			subtract \$ _____
	Before Care 8:00 AM - 9:00 AM	After Care 3:00 PM - 6:00 PM	
	M T W Th F	M T W Th F	
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 May 8 (1st  
camp) and June 19 (2nd camp).

\*\*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

- ★ June 14-18 and July 26-30
- ★ Camp is for boys and girls ages 5.5 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.
- ★ Each gymnast will receive a goal sheet and progress will be tracked throughout the week.
- ★ Awards will be given at the end of the week including "Most Improved Gymnast".
- ★ Each gymnast will receive a T-shirt.

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

Before/After care will be available for a small fee.

- ★ Participants must bring their own lunch and snacks. Soda and bottled water may be purchased. There will be a short morning and afternoon break.
- ★ Proper gymnastics attire required. Swimsuits that cover tummies may be substituted for leotards.
- ★ A release of liability must be completed on every gymnast.
- ★ A permission slip is required for field trip participation.
- ★ A complete registration packet will be mailed to you by May 31 (1st camp) and July 12 (2nd camp).

# Camp Logistics

## COST:

\$152.00 + care (member)  
 \$157.00 + care (non-member)  
 (T-shirt & Field Trip Included)

- ★ Receive \$5.00 off your camp fee if registration and deposit/fee are paid to Spirits by May 8 (1st camp) and June 19 (2nd camp).
- ★ 25% discount for second gymnast from same family. Discount applies to family attending other camps. Take the discount off of the less expensive camp.
- ★ The camp is limited to 50 gymnasts. Registration will be on a first come, first served basis.
- ★ To reserve your spot, mail in your complete registration form and an early 50% deposit or the entire balance by May 22 (1st camp) and July 3 (2nd camp). The entire balance is due by May 22 and July 3.
- ★ Refunds will be given up through May 22 and July 3, minus a \$15.00 handling fee.



We Nurture "Health  Esteem"

Updated 12/2/09

# Super Star Camp Registration Form

## Gymnast

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

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

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

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

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

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

Allergies: \_\_\_\_\_

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

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

Level: FA1 FA2 AR1 AR2 AR3  
HS LC PT  
 Non-member Exp? \_\_\_\_\_

T-shirt size: (check one)  
CS CM CL AS AM AL

For which camp are you registering?  
 June 15-19  July 27-31

Are you interested in before/after care?  
 (See Camp Calculator on reverse side for details.)  
 Yes  No

## Parents

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

Work/Cell: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

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

Work/Cell: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

## Emergency Contact

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

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

Make checks payable to "St. Louis Spirits" and mail to:  
 St. Louis Spirits Gymnastics Club, Attn: Super Star Camp  
 12975 Maurer Industrial Drive, St. Louis, MO 63127