

# Summer Camp 2016 Registration

**Session** (check all that apply):

- June 20-23     June 27-30  
 July 11-14  
 July 18-21     July 25-28  
 Aug 1-4

**Days attending - 2, 3, or 4 days**

(check all that apply):

- Monday                       Tuesday  
 Wednesday                 Thursday

**Extended Care Requested**

- Morning (8:00 am)  
 Afternoon (1:00 pm)

**Child(ren) Name and Age:**(ages 4 & up)

**Address:**

**City/Zip:**

**Phone Numbers**

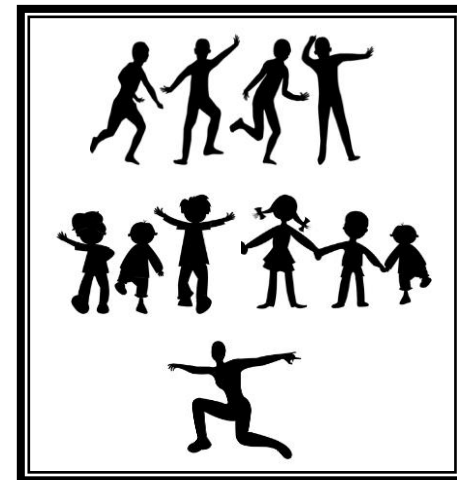
**Home:**

**Cell:**

**Medical Concerns:**

Please mail or bring this form with payment to reserve  
your spot.

All Smiles All American Gymnastics  
323-A Business Lane  
Ashland, VA 23005



## All Smiles All American Gymnastics

*Promoting health,  
exercise and smiles*

SUMMER CAMP  
2016

323-A Business Lane  
Ashland, VA 23005  
(Located just off Route 1 and Ashcake Rd)

804-240-5954 (Donna's Cell)

[www.allsmiles-allamerican.com](http://www.allsmiles-allamerican.com)



# Summer Camp 2016

## Promoting Health, Exercise and Smiles

Looking for a week long summer camp for your child? Do your children like to climb, swing, and jump? Do they have more energy than you can bear? Sign them up for the Summer Fitness Camp in our brand new gym where they will be able to run all day long, jump on the trampoline, and have a ball all inside a 10,000 square foot air conditioned gym and foam pit.

### Activities

We will start the day out with warm up exercises set to fun age appropriate music. Our USAG safety certified trained staff will work with the children as they spend the morning jumping on the trampoline, swinging on the bars, using the foam pit for learning new skills, and using the other equipment in the gym. After a morning snack we will continue to work on developing our core body muscles all while playing fun games and doing exercises. Under the giant helicopter fan blades we will play fitness games with their new friends in the and maybe discover a surprise or two along the way!

### Our Mission Statement

We believe that starting children in a fitness program at an early age promotes self-confidence and high self-esteem as well as improved physical health. Through our programs that utilize creative movement and basic tumbling, we teach your children that fitness is fun and encourage the development of a lifetime of healthy habits.

## Weeks and Prices

We have choices for you to customize your fun! The Summer Camp will be offered at 2, 3, or 4 day camps, Monday through Thursdays from 8:30 am to 12:30 pm each of the following weeks: June 20-23, June 27-30, July 11-14, July 18-21, July 25-28, and August 1-4 for 4 years old and up. Extended childcare is available for a nominal fee upon request starting at 8:00 am and until 1:00 pm.

	Day Camp (8:30 am-12 :30pm)
2 day camp	\$100
3 day camp	\$125
4 day camp	\$150
Extended Care Options	\$10 (8am)
	\$10 (1pm)

**Multiple Week Discount** - Sign up and pay for your weeks and receive 10% each week. Sorry, no refunds.

**Do you have more than one child in your family interested?** There is a family 10% discount for the second child and 20% discount for each additional child.

Please provide a morning healthy snack for your child. Sending your child with a labeled water bottle will be helpful as our day will be busy.

### Registration

Fill out the registration form on the back of this flyer and mail or bring to the gym with the payment to secure your spot in the Summer Camp. You will also have to fill out a waiver form on the first day of camp prior to your child participating in the Summer Camp. There are a limited number of spaces each day and they will fill quickly; however, we reserve the right to cancel due to low enrollment.



## What they said...

- "I jumped, flipped, ran, played, and made friends!" – Hallie, age 6
- "We played lots of games and learned tons!" – Jason, age 7
- "They came home tired and happy! Best week-long day camp around." – Nancy, Mom of 2
- "I can flip on the bars now and do a seat drop!" – Matt, age 10
- "Great exercise for my kids and peace of mind! They couldn't wait to go the next day." – Sue, Mom of 3
- "I learned how to do cartwheels and bridge kickovers!" – Charlotte, age 6
- "It was a blast!" – Kevin, age 5
- "I had fun this week! It was the most fun I had all summer.– Meredith, age 8