**CAMP SCHEDULE**

**FRIDAY**

**9 AM - 12 PM WORKOUT**

**12 PM – 1 PM LUNCH**

**1 PM – 4 PM WORKOUT**

**SATURDAY**

**9 AM – 12 PM WORKOUT**

**12 PM – 1 PM LUNCH**

**1 PM – 4 PM WORKOUT**

**SUNDAY**

**9 AM – 12 PM WORKOUT**

**LUNCH ON FRIDAY AND SATURDAY IS ON YOUR OWN. THE GYM WILL STAY OPEN FOR CAMPERS WHO WANT TO BRING LUNCH IN WITH THEM OR HAVE LUNCH DELIVERED TO THE GYM.**

**HEALTHY SNACKS WILL BE PROVIDED TO THE ATHLETES BETWEEN ROTATIONS TO HELP KEEP THE ENERGY LEVELS UP.**

**COACHES ARE WELCOME TO ATTEND FOR FREE AND IF YOU ARE PLANNING TO BRING A GROUP PLEASE CALL TO GET A GROUP RATE!**

**FLEX YOUR CHILDS POTENTIAL AT RCGA SUMMER CAMP!!!**

**GUEST CLINICIAN**

**RCGA WELCOMES FORMER NCAA DIVISION 1 GYMNAST FROM THE UNIVERSITY OF NEBRASKA VANESSA MELOCHE**

**REGISTRATION/PAYMENT INFORMATION**

**FIRST, PLEASE CALL AND RESERVE A SPOT ON THE CAMP ROSTER! 605-791-2151**

**NEXT DOWNLOAD AND PRINT OUR CLUB REGISTRATION FORM AND WAIVER FROM** [**WWW.RAPIDCITYGYMNASTICS.COM**](http://WWW.RAPIDCITYGYMNASTICS.COM) **COMPLETE THE REGISTRATION AND READ AND SIGN THE WAIVER. BRING THEM TO CAMP CHECK-IN OR WE WILL HAVE HARD COPIES AVAILABLE AT THE OFFICE WHEN YOU CHECK-IN.**

**TOTAL CAMP COST IS $200 INCLUDES TAX**

**PAYMENTS ARE DUE IN FULL AT CHECK-IN**

**ALL MAJOR CREDIT CARDS, CHECKS, MONEY ORDERS AND CASH PAYMENTS ARE ACCEPTED AS WELL AS CREDIT CARD VIA TELEPHONE**

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**ALL LEVELS OF COMPETITIVE GYMNASTICS WELCOME!**