



COMPETITIVE GYMNASTICS SKILLS CAMP!

Hosted by: Tom Smith & Team of Excellent Coaches

Tom is currently a Physical Education Teacher and a credentialed Women's Gymnastics judge with both the Midwest Amateur Gymnastics Association (MAGA) & Minnesota State High School League (MSHSL). He enjoys teaching summer camps, where he helps gymnasts prepare for the upcoming competition season.

June 16th-June 18th

9:00am-3:00pm

Advancing Skills on Bars, Vault, Beam, Floor, Dance and More

ALBERT LEA GYMNASTICS CLUB

1224 SYKES STREET

ALBERT LEA, MN 56007

COST: \$218

Email: team@albertleagymnasticsclub.com

Signup: [https://app.gostudiopro.com/online/index.php?](https://app.gostudiopro.com/online/index.php?account_id=9992)

[account_id=9992](https://app.gostudiopro.com/online/index.php?account_id=9992)



**Empower
your skills**





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Daily Schedule

Please bring water and lunch for Monday & Tuesday. ALGC will provide pizza for gymnasts on Wednesday!

June 16th-June 18th

9:00am-3:00pm

9:00am-9:35am Stretch & Warmup

9:40am-10:15am Rotation 1

10:20am-10:55am Rotation 2

11:00am-11:35 Rotation 3

11:35am-12:10pm LUNCH

12:10pm-12:30pm Lecture/Demo

12:35pm-1:10pm Rotation 4

1:15pm-1:50pm Rotation 5

1:55pm-2:45 pm Open Gym Skills

2:50pm-3:00pm Stretch

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