



# ASPIRE GYMNASTICS

## SUMMER CAMP INFORMATION SHEET

### SUMMER CAMP 2025

Thank you for signing up for our Summer Camp, we are so excited and can't wait to enjoy the summer with you!

### WHAT TO WEAR

Cool comfortable clothing, it is bare feet in our gym.

### WHAT TO BRING

#### CAMPERS NEED TO BRING

- A packed lunch (all food should be nut-free)
- 2 snacks
- Water bottle (we can refill if needed)
- Backpack to keep all personal belongings in
- Any epi pens or medication must be handed in to the desk upon arrival and labeled.
- Sunscreen and hat (optional if you would prefer your child to spend the day indoors).
- *For any campers in our princess camp (August 5th - 8th and August 18th – 22nd) we have a princess ball on Fridays, which campers are encouraged to bring a princess dress to wear for the ball!*

### FREQUENTLY ASKED QUESTIONS

#### DO YOU LEAVE THE GYM AT ANY POINT?

We spend our days in our fully air conditioned gym, we do not leave our location. We have a small fully fenced in area at the back of our building where children will be able to go outside for short periods during the day.

#### WHAT WILL MY CHILD BE DOING THROUGHOUT THE DAY?

We do a lot of different gymnastics stations, we also do games, parachute, free time, crafts, air track and tumble track. It is an action packed day!

#### IS YOUR CAMP THEMED?

Every day at our camp has a different theme, all our activities, games and crafts are focused on the day's theme!

#### DO YOU HAVE AIR CONDITIONING?

Yes our facility is fully air conditioned!

#### WHAT TIME DOES CAMP START AND FINISH?

Our regular camp hours run from 9:00-4:00pm, extended care runs from 8:00am-5:00pm! Please make sure that you drop off and pick up on time.