



ASPIRE GYMNASTICS

SUMMER CAMP INFORMATION SHEET

SUMMER CAMP 2026

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 4th - 7th and August 17th – 21st) 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 CAMPED 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.