**CAMP SCHEDULE**

**Friday**—

Check In/Registration

12:00pm-1:00pm

Workout 1pm-3pm

Open Gym 3:00pm-4:00pm

Workout 4pm-6pm

**Saturday—**

Workout 9:00-12:00pm

Lunch 12:00-1:00pm

Workout 1:00pm-4:00pm

**Sunday—**

Workout 9:00am-12:00pm

Lunch 12:00-1:00pm

Workout 1:00pm-3:00pm

Lunch is on your own each day. The gym will remain open and available for those athletes that pack a lunch.

**CAMP INFORMATION**

* RSVP NOW—

605-791-2151 or email at [rcga@midconetwork.com](mailto:rcga@midconetwork.com)

Rapid City Gymnastics

2830 W Omaha St

Rapid City SD 57702

* Check us out at rapidcitygymnastics.com
* Camp cost is $300—payment is due at check in time. Payment can be made in cash, check or credit card via phone.
* A waiver is required (signed by parent or guardian for every athlete). You can access our waiver on our website or sign a hard copy at check-in.

ADDITIONAL INFORMATION

* Coach Tim Trimble and The RCGA Team Staff would like to welcome Maryah Klapprodt as our summer camp clinician! Maryah comes to us from The University of Iowa as an NCAA Division 1 collegiate gymnast. Maryah trained at the Olympic Training Center and was also a Region 4 National Champion Team member at Level 10. She is also formerly a coach at Chows Gymnastics in Des Moines, IA.

