

# GYMNASTICS SUMMER CAMP 2019

A fun & progressive gymnastics camp open to members and non-members\*

- LEARN & IMPROVE GYMNASTICS SKILLS
- MAKE NEW FRIENDS
- INCREASE FITNESS LEVELS
- HAVE FUN!

The programme includes 4 days of learning various skills on all apparatus. Children will be split into groups according to age and ability; this ensures age appropriate progressive gymnastics for all age groups and levels.

For boys & girls aged 3 – 14 of any level. Members & non-members\* welcome.

\*€5 additional fee for non-members.

Come in comfortable gear for training and bring a healthy snack.

End of camp show on last day @12pm /4pm

Arabian Gymnastics Ltd has a **no nuts** policy.

## COURSE DATES & TIMES

**MORNING** or **AFTERNOON**  
**10am - 1pm**      **2pm - 5pm**

1 1<sup>st</sup> - 4<sup>th</sup> July

2 8<sup>th</sup> - 11<sup>th</sup> July

3 15<sup>th</sup> - 18<sup>th</sup> July

4 22<sup>nd</sup> - 25<sup>th</sup> July

5 29<sup>th</sup> July - 1<sup>st</sup> Aug

6 6<sup>th</sup> - 9<sup>th</sup> Aug<sup>†</sup>

<sup>†</sup>Course runs Tues – Fri.

7 12<sup>th</sup> - 15<sup>th</sup> Aug

8 19<sup>th</sup> - 22<sup>nd</sup> Aug

€100\*  
€105  
non members



- How to Register:**
- Fill in form
  - Return completed form with payment
  - Ring, email or come to desk to make payment

# REGISTRATION FORM SUMMER 2019

Childs Name

Childs Age

Address

Phone No.

Medical  
Conditions?

Course:

**MORNING**

**OR**

**AFTERNOON**

**JULY**

- 1 1st - 4th
- 2 8th - 11th
- 3 15th - 18th
- 4 22nd - 25th

**AUGUST**

- 5 29th July - 1st Aug
  - 6 6th - 9th<sup>†</sup>
  - 7 12th - 15th
  - 8 19th - 22nd
- <sup>†</sup>Course runs Tues - Fri.

## CREDIT CARD DETAILS:

Name on card

Credit Card No.

Expiry Date

/

CVC

Gymnastics is a sport with an inherent risk of injury and although the club will endeavour to minimise any risk, accidents may still happen. Arabian Gymnastics Ltd cannot be held accountable for such accidents. All members are insured through the clubs policy. I confirm that I have seen and accept policies of Arabian Gymnastics Ltd.

Parents

Signature

**TEL** (01) 806 3444 **EMAIL** ask@arabiangymnastics.com

**f** Arabian Gymnastics Ltd, Baldoyle

**WWW.ARABIANGYMNASTICS.COM**

