First Annual Competitive Summer Camp

General Camp Information

Drop off: Sunday, August 14 by 6:00 p.m. **Pick up:** Saturday, August 20 by 1:00 p.m.

Cost: \$875.00 per gymnast Includes training tuition, food and accommodation, all activities and camp water bottle

Age: 9 years+ (athletes must be comfortable staying away from home for a week)

Level: JO 3 and up Female athletes only Coaching Staff:

Ashley Sportun, Camp Head Coach Keenan Pascos, Camp Coach Aundrea Dube, Activities and overnight director Other Guest coaches will be announced

Location:

Canmore Illusions Training Facility 1900 8 Ave, Canmore, ABT1W 1Y2 (403) 678-4466

www. can more gymnastics. com

For more information please contact ashley@canmoregymnastics.com

To register: please go to the following link: https://zone4.ca/req.asp?id=12086



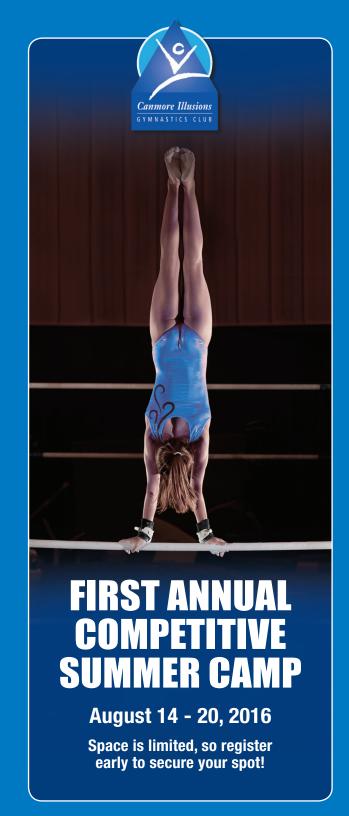






Quality gymnastics training and so much more! Come see what Canmore has to offer! Space is limited, so register early to secure your spot!

www.canmoregymnastics.com





Canmore Illusions Gymnastics Club

Canmore Illusions Gymnastics boasts a brand new 12 thousand square foot facility that includes a 40 x 40 sprung floor, in ground trampoline into pit, rod floor into pit, vault into pit, fully equipped beam area, pit bars and 2 sets of uneven bars.

Camp Itinerary

Sunday, August 14

6 p.m. Drop off

7 p.m. Camp welcome, introduction

of staff and facility tour

7:30 p.m. Athletes settle in

8 p.m. Snack, icebreaker games,

movie night

10 p.m. Lights out

Monday, August 15

8 a.m. Breakfast

9 a.m. Training assessments

and group placements

10:30 - 1 p.m. Group training

1 p.m. Lunch

2 p.m. Depart for Grassi Lakes hike

5 p.m. Dinner

6 p.m. Evening activity

(craft/skit night practice)

8 - 10 p.m. Free time in the gym

10 p.m. Lights out

Tuesday, August 16

8 a.m. Breakfast 9 - 1:30 p.m. Training

1:30 p.m. Picnic lunch outside2 p.m. Depart for Quarry Lake

4:15 p.m. Dinner

5:15 p.m. Depart for Elevation Place

for climbing and swimming

10 p.m. Lights out



Wednesday, August 17

8 a.m. Breakfast 9 - 1:30 p.m. Training 1:30 p.m. Pizza Lunch

2 p.m. Depart for rafting in Kananaskis

5 p.m. Dinner **6 p.m.** Skit practice

7 p.m. American Ninja Warrior

Contest for prizes!

9 - 10 p.m. Free time and ice cream social

10 p.m. Lights out

Thursday, August 18

8 a.m. Breakfast 9 - 1:30 p.m. Training 1:30 p.m. Lunch

2 p.m. Depart for Canmore Nordic Center for

mountain biking and disc golf excursion

5:15 p.m. Dinner

6 p.m. Hula Hoop lesson and

Acro Yoga lesson

8:15 p.m. Gym games (hide and go seek,

capture the flag, fort building)

10 p.m. Lights out



Friday, August 19

8 a.m. Breakfast **9 - 1:30 p.m.** Training **1:30 p.m.** Lunch

2 p.m. Slack lining in the park at Lions Park,

ice cream bus

5 p.m. Dinner

6 p.m. Practice for skit night **7 - 9:30 p.m.** Non-gymnastics talent and skit night show!

9:30 p.m. Free time 11 p.m. Lights out!

Saturday, August 20

Sleep in!

9:30 a.m. Pancake breakfast
10:30 a.m. Clean up and pack up!
11 a.m. Welcome Parents!

New skill show, group dances, favourite skits and camp awards!

1 p.m. Athletes depart!