

Second Annual Canmore Adventure Camp

General 2017 Camp Information

Drop off: Sunday, August 13 by 3:30 p.m.

Pick up: Saturday, August 19 by 1:00 p.m.

Cost: \$885 for returning athletes
\$935 for new athletes

CIGC will not offer refunds after August 1, 2017.

Includes training tuition, food and accommodation, all activities and camp hat.

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

If an athlete is ill or homesick for 3 days the staff may contact the parents for early pick up, without a refund for the remaining days.

Level: JO 3 and up

Female athletes only

Coaching Staff:

Ashley Sportun: Camp Head Coach

Keenan Pascos: Camp Coach

Amy Miller: Camp Coach

Andrew Vetter: Camp Coach

Rich McCharles: Camp Coach

Aundrea Dube: Activities and overnight director

Location:

Canmore Illusions Training Facility
1900 8 Ave, Canmore, AB T1W 1Y2
(403) 678-4466

www.canmoregymnastics.com

For more information please contact
ashley@canmoregymnastics.com

To register: please go to the following link:
<https://zone4.ca/reg.asp?id=14661>



Special Post Camp Add On Helicopter Hike!

Saturday, August 19 - Monday, August 21

Lead by Coach Rick McCharles.

Any Questions please email Rick at
RickMcCharles@gmail.com

2 day, 24 kilometre hike to Mount Assinboine
Helicopter in, walk out downhill 24 kilometres.

Cost: \$220 - 275 per person

See link for more information on Assiniboine:

<https://besthike.com/n-america/rockies/sunshine-to-assiniboine/>



**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



SECOND ANNUAL CANMORE ADVENTURE CAMP

August 13 - 19, 2017

**Space is limited, so register
early to secure your spot!**



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.

2017 Camp Itinerary

Sunday, August 13

- 3:30 p.m. Drop off
- 4 p.m. Camp welcome, introduction of staff and facility tour
- 4:30 p.m. Athletes assessment and training group placements
- 5:30 p.m. Dinner
- 6:30 p.m. Depart for Elevation Place for swimming and rock climbing
- 9:30 p.m. Return to the gym
- 10 p.m. Lights out

Monday, August 14

- 8 a.m. Breakfast
- 8:30 - 1 p.m. Training
- 1:10 p.m. Lunch
- 2/2:15 p.m. Depart for swimming at Quarry Lake
- 5 p.m. Dinner
- 6 p.m. Evening activity: Icebreaker games, and groups for Skit Night
- 8 p.m. Movie night
- 10 p.m. Lights out

Tuesday, August 15

- 8 a.m. Breakfast
- 8:30 - 1 p.m. Training
- 1:10 p.m. BBQ Lunch
- 2/2:15 p.m. Depart for hike at Johnson Canyon OR Stay at gym for second training session (Athletes please choose one activity)
- 5 p.m. Dinner
- 6 p.m. Evening activity: Hula Hoop Lesson and Acro Yoga Lesson
- 7:30 p.m. Free time in the gym
- 9:30 p.m. Lights out



Wednesday, August 16

- 8 a.m. Breakfast
- 8:30 - 1 p.m. Training
- 1:10 p.m. Packed lunches for on the bus
- 1:30 p.m. Depart for rafting at Kananaskis
- 5:30 p.m. Dinner
- 6:30 p.m. Scavenger Hunt for prizes!
- 8 p.m. Skit Night practice
- 8:30 p.m. Gym Games: Capture the Flag, Fort Building etc.
- 9:30 p.m. Lights out

Thursday, August 17

- 8 a.m. Breakfast
- 8:30 - 1 p.m. Training
- 1:10 p.m. Lunch
- 2 p.m. Depart for Riverside Park for Slacklining and the Ice cream Bus OR Stay at the gym for a second training session (Athletes please choose one activity)
- 5 p.m. Dinner
- 6 p.m. Evening activity: Skit Night practice
- 7 - 8:30 p.m. Juggling, Diabolo and Devil Stick Lesson
- 8:30 - 9:30 p.m. Free time in the gym
- 9:30 p.m. Lights out



Friday, August 18

- 8 a.m. Breakfast
- 8:30 - 1 p.m. Training
- 1:10 p.m. Pizza Lunch
- 2/2:15 p.m. Depart for Mountain biking excursion OR Paddle boarding excursion (Athletes please choose one activity)
- 5 p.m. Dinner
- 6 p.m. Evening activity: Skit Night practice
- 7 - 8:30 p.m. Non Gymnastics Talent and Skit Night Show! Winners get to pie the coaches in the face on Saturday!
- 11 p.m. Lights out

Saturday, August 19

- Sleep in!
- 9:30 a.m. Pancake breakfast
- 10:30 a.m. Clean up and pack up!
- 11 a.m. Welcome Parents!
- 11:15 a.m. New trick spectacular, group dances, favourite skits and camp awards!
- 1 p.m. Athletes depart!
Or Prepare for Heli-Hike to Assiniboine!