

Fun-packed gymnastics sessions for boys & girls of all abilities (from complete beginner to elite) for ages 3-16 years.

The **main camp** runs throughout the entire day for ages 4-16 years covering a wide range of activities in two 3.5 hour long sessions.

The **mini camp** for ages 3-5 years allows younger children to experience all the fun of camp without staying for the full day. (We are only able to accept children who are able to use the toilet independently unless a responsible adult is staying throughout the entire session).

Parents do not need to stay for either camp but are welcome to watch from our viewing area.

Children are welcome to bring a packed lunch & activities will be provided for the 1 hour lunch break between sessions.

Breaks will be provided so we advise that all children bring healthy snacks & plenty to drink (non fizzy).

Electronic devices such as mobile phones, tablets etc will not be permitted for child protection purposes, please ensure your child doesn't bring these with them.

ALL children will need to be signed in and out of camp by a responsible adult. Please ensure you let us know who is responsible for collecting your child.

**Have any Questions regarding  
camp, classes, or play sessions ?  
Call 0161 406 0488 and speak to  
one of our coaches now**

**Vernon Park Gymnastics Centre**

**Unit A2 Pear Mill Industrial Estate  
Stockport Road West  
Lower Bredbury  
Stockport  
Sk6 2BP**

**0161 406 0488  
Www.vernonparkgym.com  
info@vernonparkgym.com**

**VERNON PARK GYMNASTICS  
PRESENTS :**

**2019  
Summer Camp  
&  
Mini Camp**

**Week 1 Monday to  
Friday 5th-9th August**

**Week 2 Monday to  
Friday 19th-23rd August**

**All abilities welcome,  
no experience necessary**

**For ages 3+**

***Please return completed forms  
by no later than Monday 29th  
July to secure your child's place.  
(Please contact us for availability  
after this date)***

LUNCHTIME ACTIVITIES	
Mon 6/8/18	Mon 27/8/18
Banner making	Bunting making
Tue 7/8/18	Tue 28/8/18
Sock Puppets	Butterflies
Weds 8/8/18	Weds 29/8/18
House colouring	Plated Bracelets
Thu 9/8/18	Thu 30/8/18
Unicorn horn	Pirate hats
Fri 10/8/18	Fri 31/8/18
End of Camp Party	End of Camp Party



SUMMER CAMP	Mon	Tue	Weds	Thu	Fri	Main Camp	Mini Camp
08:30-09:00	Colouring in	Colouring in	Colouring in	Colouring in	Colouring in	optional early drop	x
09:00-09:30	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up	SESSION 1 09.00-12.30	x
09:30-10:15	Swashbuckling game	Camp dance	Obstacle course	Strength Challenge	Balance challenge		
10:15-11:00	Skill Development	Skill Development	Skill Development	Skill Development	Skill Development		
11:00-11:15	Landing practise	Landing practise	Conditioning	Handstand work	Jump circuit		
11:15-11:30	BREAK	BREAK	BREAK	BREAK	BREAK	SESSION 2 11.30-12.30	SESSION 1 11.30-12.30
11:30-11:45	Musical Statues/bumps	Hide and seek	Mirror game	Musical statues/bumps	FOAM BIG BUILD		
11:45-12:25	Basic Floor Skills	Basic Floor Skills	Basic Vault Skills	Basic Floor skills	FOAM BIG BUILD		
12:25-12:30	Cool Down	Cool Down	Cool Down	Cool down	FOAM BIG BUILD	optional lunchtime stay	optional lunchtime stay
12:30-13:30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
13:00-13:30	LUNCHTIME ACTIVITY	LUNCHTIME ACTIVITY	LUNCHTIME ACTIVITY	LUNCHTIME ACTIVITY	LUNCHTIME ACTIVITY	SESSION 2 13.30-14.30	SESSION 2 13.30-14.30
13:30-14:00	Warm Up	Warm Up	Warm Up	Warm Up	Warm Up & Demolition		
14:00-14:30	Hide & Seek	Handstand circuit	Basic beam skills	Basic bar skills	Hide and Seek	SESSION 2 13.30-17.30	x
14:30-15:15	Skill Development	Skill Development	Skill Development	Skill Development	Skill Development		
15:15-15:30	BREAK	BREAK	BREAK	BREAK	BREAK		
15:30-16:15	Skill Development	Skill Development	Skill Development	Skill Development	Skill Development	optional late pick up	x
16:15-16:45	Mini Foam Build	Camp games	Free Play & Hide & Seek	Camp dance	Free Play & Hide & Seek		
16:45-17:00	Cool Down	Cool Down	Cool down	Cool down	Cool Down	REST	REST
17:00-17:30	REST	REST	REST	REST	REST		

# Enrolment Form

Please detach and return with full payment by **no later than 29th July** to secure your child's place

Child's Name:.....

DOB:.....

Allergies/disabilities/difficulties.....

Vernon Park Gymnastics Member?: y/n

If y please confirm what sessions child attends:  
.....

If n please confirm at what level child participates and their BG number:  
.....

Contact Number: .....

Contact Name: .....

I give consent for photos to be taken of my child for use on the centre noticeboard, leaflets, Facebook group and website YES/NO (PLEASE CIRCLE) (photos available daily from our Facebook group Vernon park gymnastics for parents to access)

Who is permitted to collect your child from camp: \_\_\_\_\_ Anything further we need to be aware of: \_\_\_\_\_

Please tick the sessions which you would like to enrol your child for:

### WEEK 1:

Monday 5th August    MINI AM \_\_\_    MINI PM \_\_\_    MAIN AM \_\_\_    MAIN PM \_\_\_

Tuesday 6th August    MINI AM \_\_\_    MINI PM \_\_\_    MAIN AM \_\_\_    MAIN PM \_\_\_

Wednesday 7th August    MINI AM \_\_\_    MINI PM \_\_\_    MAIN AM \_\_\_    MAIN PM \_\_\_

Thursday 8th August    MINI AM \_\_\_    MINI PM \_\_\_    MAIN AM \_\_\_    MAIN PM \_\_\_

Friday 9th August    MINI AM \_\_\_    MINI PM \_\_\_    MAIN AM \_\_\_    MAIN PM \_\_\_

### WEEK 2:

Monday 19th August    MINI AM \_\_\_    MINI PM \_\_\_    MAIN AM \_\_\_    MAIN PM \_\_\_

Tuesday 20th August    MINI AM \_\_\_    MINI PM \_\_\_    MAIN AM \_\_\_    MAIN PM \_\_\_

Wednesday 21st August    MINI AM \_\_\_    MINI PM \_\_\_    MAIN AM \_\_\_    MAIN PM \_\_\_

Thursday 22nd August    MINI AM \_\_\_    MINI PM \_\_\_    MAIN AM \_\_\_    MAIN PM \_\_\_

Friday 23rd August    MINI AM \_\_\_    MINI PM \_\_\_    MAIN AM \_\_\_    MAIN PM \_\_\_

I enclose a cheque/cash in the sum of : .....

PLEASE NOTE THAT WE CAN ONLY ACCEPT CHILDREN WHO CAN USE OUR TOILETS WITHOUT ANY ASSISTANCE UNLESS YOU WILL BE STAYING FOR THE ENTIRE DURATION OF THEIR SESSIONS

MINI AM= 11.30-12.30 Ages 3-5yrs    MINI PM= 13.30-14.30 Ages 3-5yrs

MAIN AM= 9.00-12.30 Ages 4+    Main PM =13.30-17.00 Ages 4+

### PRICELIST

#### Main Camp (Ages 4-16):

- £15 per session
- £25 per full day
- £100 unlimited sessions over 1 week
- £150 unlimited sessions over 2 weeks

#### Mini Camp (Ages 3-5):

- £7.00 per session
- £10 per full day
- £40 unlimited sessions over 1 week
- £70 unlimited sessions over 2 weeks

10% discount off 2nd & 3rd child for siblings when booked at the same time