

Summer Day Camps



212 Rodeo Dr. Suite 510 – Moscow, Idaho
PEGoffice@frontier.com 208-882-6408
www.palouseempiregymnastics.com

Fun and Adventure awaits your child this summer at GymKids. Fun themes, active play and small groups create a unique camp experience. Each week we will integrate the theme into our instruction ninja or gymnastics lesson.

Sample Daily Schedule

- 8:30-9:00am – Early Drop Off – extra \$20/week
- 9:00-9:20am – Welcome and Games
- 9:20-10:00am – Themed Gymnastics/Ninja Class
- 10:00-10:30am – Themed Story and Learning Project
- 10:30-10:45am – Free Time in the Gym
- 10:45-11:15am – Themed Outdoor Adventure
- 11:15-11:45am – Themed Gymnastics/Ninja Class
- 11:45-12:15pm – Lunch (bring your own)
- 12:15-1:00pm – Closing Activity, Games and Pick-up

Ages 4-8yrs old ~ \$95/week
Monday-Thursday 9am-1pm
Limited to 20 children per week
\$10 Discount for siblings
and multi week enrollment

Week 1: June 17-20 – Super Hero Camp!

Our ninjas and gymnasts will be training their mind and bodies all week long as we kick off the summer with our first camp at GymKids.

Physical Activity: Obstacle Course Training and Fitness
Learning Activity: Everyday heroes in our community

Week 5: July 22-25 – Under the Sea!

Our gymnasts and ninjas have turned into mermaids and pirates! Will have an undersea adventure with our oceanic themed activities this week.

Physical Activity: Endurance and Balance
Learning Activity: Water Conservation and sea life

Week 3: June 24-27 – Game On Camp!

From traditional sports to cooperative team games, we have so many fun things planned for our ninjas and gymnasts this week.

Physical Activity: Modified sports and gym games
Learning Activity: Make up a new game

Week 6: July 29-Aug 1 – Out of this World!

3..2..1.. Blastoff into a fun week of outer space themed activities including Jedi Training and nerf games.

Physical Activity: Agility, endurance navigating obstacles
Learning Activity: Outer Space

Week 2: July 8-11 – Jr Gymnast Camp

For the lil gymnast at heart. We'll focus on skill building and fun in the gym.

Physical Activity: Gymnastics, gymnastics and more gymnastics
Learning Activity: Famous gymnasts

Week 7: Aug 5-8 –Warriors & Royalty Camp!

Our gymnasts will be treated like princesses and princes as we spend an energetic week in our castle at the gym.

Physical Activity: Strength and balance
Learning Activity: Leadership

Week 4: July 15-18 - NinjaZone Camp!

We'll practice our skills and participate in a ninja warrior showdown as seen on TV.

Physical Activity: Everything ninja
Learning Activity: Stop motion flip book, sport safety

Week 8: Aug 12-15 – Mission Possible Camp!

This week is all about facing challenges and trying new (and hard) things in our ninja and gymnastics camp.

Physical Activity: Challenging our bodies and cooperative team games
Learning Activity: Puzzles and Riddles