

Summer Camps at P.E.G.



Girls Gymnastics Camp

For girls ages 7-13 years old
Campers will participate in all of the gymnastics events including vault, bars, beam, floor, & trampoline. Students will be divided into groups based on age and skill ability. All abilities welcome. Camp T-shirt, craft & snack provided.

Session 1: June 26-28

Session 2: July 24-26



Tumbling and Trampoline Camp

For boys and girls 7-13 years old.

Campers will learn flipping & non-flipping skills on Tumble Trak, Trampoline, Mini Tramp & Floor Exercise. A great cross training camp for other sports too. Students will be divided into groups based on age and skill ability. All abilities welcome. Camp T-shirt, craft & snack provided.

Session 1: Aug 14-16

Jr Gymnast/Lil Ninja Camp

For boys and girls 4-7 years old

This camp is specifically geared for our young students to experience the fun of camp with lots of games, creativity and fun. Students can choose Ninja or Gymnast Style camp although sometimes we will be combined. Camp will also include a daily story, craft and snack. Student teacher ratio is 6:1 for a personalized camp experience.

Session 1: June 19-21

Session 2: July 17-19

Session 3: Aug 7-9



NinjaZone Camp

For Boys and Girls ages 7-11

Ninja Zone utilizes the skills development and coordination from gymnastics and the agility and creativity from obstacle course training. This fast-paced class will keep kids moving while have a blast. Camp T-shirt, craft & snack provided.

Session 1: July 10-12

Session 2: July 31-Aug 2



Register online at www.PalouseEmpireGymnastics.com

Call 208-882-6408

OR email PEGoffice@frontier.com for more information.

