

# KEY CITY GYMNASTICS CLUB SUMMER CAMP

Key City Gymnastics summer camps enrich your child with an unforgettable and exciting experience. In addition to the traditional benefits of camp; independence, new friendships and confidence, Key City students experience creative exploration, artistic expression and pure fun! All camps include an age appropriate curriculum using themes as a tool for students' growth through gymnastics, trampoline, outdoor activities, creative learning opportunities and exciting outings.

Key City coaches are NCCP trained and certified; have taken and passed the exams for Respect in Sport and Making Ethical Decisions as required by Gymnastics BC; have their First Aid training and certification.



## WEEK 3 – ADVENTURE WEEK July 16-20

DAY	ACTIVITIES	CRAFTS
<b>MONDAY</b>	Capture the flag Plant a bean	Treasure map Mentos & pepsi
<b>TUESDAY</b> <u>All Campers</u> drop off & pick up at the gym	Gymnastics bingo Orienteering	Compass Volcano
<b>WEDNESDAY</b> <u>All Campers</u> drop off & pick up at the gym	Tent building & smores Foam pit towers	Fishing rod Binoculars
<b>THURSDAY</b> <u>All Campers</u> drop off & pick up at Idewild Park – play ground parking lot 34 <sup>th</sup> Avenue & 9 <sup>th</sup> Street South	Idewild Park	Pine cone bird feeder
<b>FRIDAY</b> <u>All Campers</u> drop off & pick up at the gym	Foam pit wipe out Play at the park	Imagination Station

HALF DAY CAMPERS WILL NEED...	FULL DAY CAMPERS WILL NEED...
Refillable water bottle	Refillable water bottle
1 healthy snack	2 healthy snacks
Gym appropriate clothing	lunch
Long hair tied back	Gym appropriate clothing
No jewelry (stud earrings allowed)	Long hair tied back
Weather appropriate outerwear	No jewelry (stud earrings allowed)
Hat	Weather appropriate outerwear
Sunglasses (optional)	Hat
Runners & summer shoes	Sunglasses (optional)
Sunscreen & bug spray	Runners & summer shoes
Back pack	Sunscreen & bug spray
	Back pack