

## Artistic Provincial

This Camp is for experienced Provincial gymnasts and gymnasts who aspire to the Provincial level.

### Hour Commitments for the summer

P1 (Provincial B) (12 hr) – 96 hrs in Summer (6 weeks)

P2 (Provincial A) (16 hr) – 128 hrs in Summer (6 weeks)

P3 (Provincial A) (16 hr) – 128 hrs Summer (6 weeks)

\*Athletes will train 1 extra hour later on every Friday

	Weeks	Times	Check
WK 1	July 6 -10 (Mon-Fri)		
WK 2	July 13-17 (Mon - Fri)	P1 9-12 P2/P3 9-1	
WK 3	July 20-24 (Mon - Fri)	P1 9-12 P2/P3 9-1	
WK 4	July 27-31 (Mon - Fri)	P1 9-12 P2/P3 9-1	
WK 5	Aug 4-7 (Tues - Fri)	P1 9-1 P2/P3 9-2	
WK 6	Aug 10-14 (Mon - Fri)	P1 9-12 P2/P3 9-1	
WK 7	Aug 17-21 (Mon-Fri)	P1 9-12 P2/P3 9-1	
WK 8	Aug 24-28 (Mon-Fri)	P1 9-12 P2/P3 9-1	

Please indicate weeks attending by a check mark.

## Artistic Gym Cat

The Gym Cat program is geared for gymnast with previous Gym Cat experience or who aspire to the Gym Cat program.

### Hour Commitments for the summer

Gym Cat A (9hr) – 72 hrs in Summer (6 weeks)

Gym Cat C (6hr) – 48 hrs in Summer (4 weeks)

Gym Cat D (4hr) – 32 hrs in Summer (3 weeks)

\*GymCat D (4hr) training ends 1hr earlier each day

	Weeks	Times	Check
WK 1	July 6 -9 (Mon-Thurs)	Gym Cat C/D 9-12	
WK 2	July 13-16 (Mon - Thurs)	Gym Cat A 1-4	
WK 3	July 20-23 (Mon - Thurs)	Gym Cat A 1-4 Gym Cat C/D 9-12	
WK 4	July 27-30 (Mon - Thurs)	Gym Cat A 1-4 Gym Cat C/D 1-4	
WK 5	Aug 4-7 (Tues - Fri)	Gym Cat A 1-4	
WK 6	Aug 10-13 (Mon - Thurs)	Gym Cat A 1-4	
WK 7	Aug 17-20 (Mon-Thurs)	Gym Cat A 1-4 Gym Cat C/D 9-12	
WK 8	Aug 24-27 (Mon-Thurs)	Gym Cat A 1-4 Gym Cat C/D 1-4	

Please indicate weeks attending by a check mark.

Extra camps will be charged a pro-rated amount based on monthly fees



# 2015

## Competitive Summer Programs

### REGISTRATION For All Competitive Summer Camp Programs

#### Women's Artistic Camps

- Gym Cat
- Provincial/National

#### Trampoline & Tumbling Camps

- Fast Cat
- Provincial

GYMNAST NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Register by checking off which weeks you are attending and drop off at Amazing Adventure or email to [comp@gymadv.ca](mailto:comp@gymadv.ca).

Please return by June 26th

\*Camps must have minimum 4 athletes to run

#### A-Mazing Adventures

210 N Leonard St, Regina, SK S4N 5V7  
Phone (306) 789-3133  
Fax (306) 789-3533

E-mail: [comp@gymadv.ca](mailto:comp@gymadv.ca)

Website [www.gymnasticsadventure.ca](http://www.gymnasticsadventure.ca)

## Trampoline & Tumbling

This Camp is for experienced Provincial T & T athletes and athletes who aspire to the Provincial level. There will be a strong emphasis on skill development and physical preparation in both programs.

### Hour Commitments for the summer

Prov A (12 hr) – 96 hrs in Summer (6 weeks)

Prov C (6 hr) – 48 hrs Summer (4 weeks)

	Weeks	Times	Check
WK 1	July 6 -9 (Mon-Thurs)	Prov A 8:30-12:30	
WK 2	July 13-16 (Mon - Thurs)	Prov A 8:30-12:30 Prov C 9-12	
WK 3	July 20-23 (Mon - Thurs)	Prov A 8:30-12:30 Prov C 9-12	
WK 4	July 27-30 (Mon - Thurs)	Prov A 8:30-12:30	
WK 5	Aug 4-7 (Tues - Fri)	Prov C 1-4	
WK 6	Aug 10-13 (Mon - Thurs)	Prov A 8:30-12:30 Prov C 9-12	
WK 7	Aug 17-20 (Mon-Thurs)	Prov A 8:30-12:30 Prov C 9-12	
WK 8	Aug 24-27 (Mon-Thurs)	Prov A 8:30-12:30	

Please indicate weeks attending with a check mark.

## Trampoline & Tumbling

This Camp is for experienced Provincial T & T athletes and athletes who aspire to the Provincial level. There will be a strong emphasis on skill development and physical preparation in both programs.

### Hour Commitments for the summer

Prov B (9 hr) – 72 hrs in Summer (6 weeks)

	Weeks	Times	Check
WK 1	July 6 -9 (Mon-Thurs)	Prov B 9-12:30 (train 9-1 on Thurs)	
WK 2	July 13-16 (Mon - Thurs)		
WK 3	July 20-23 (Mon - Thurs)	Prov B 1-4:30 (train 1-5 on Thurs)	
WK 4	July 27-30 (Mon - Thurs)	Prov B 9-12:30 (train 9-1 on Thurs)	
WK 5	Aug 4-7 (Tues - Fri)	Prov B 1-4:30 (train 1-5 on Fri)	
WK 6	Aug 10-13 (Mon - Thurs)		
WK 7	Aug 17-20 (Mon-Thurs)	Prov B 1-4:30 (train 1-5 on Thurs)	
WK 8	Aug 24-27 (Mon-Thurs)	Prov B 9-12:30 (train 9-1 on Thurs)	

Please indicate weeks attending with a check mark.

**Extra camps will be charged a pro-rated amount based on monthly fees**

## Trampoline & Tumbling Fast Cat

This Camp is for experienced Fast Cat athletes and athletes who aspire to the Fast Cat level. There will be a strong emphasis on skill development and physical preparation in both programs.

### Hour Commitments for the summer

Fast Cat A (6 hr) – 48 hrs in Summer (4 weeks)

Fast Cat C (3 hr) – 24 hrs in Summer (2 weeks)

	Weeks	Times	Check
WK 1	July 6 -9 (Mon-Thurs)	Fast Cat 1-4	
WK 2	July 13-16 (Mon - Thurs)	Fast Cat 1-4	
WK 3	July 20-23 (Mon - Thurs)		
WK 4	July 27-30 (Mon - Thurs)	Fast Cat 1-4	
WK 5	Aug 4-7 (Tues - Fri)	Fast Cat 1-4	
WK 6	Aug 10-13 (Mon - Thurs)	Fast Cat 1-4	
WK 7	Aug 17-20 (Mon-Thurs)		
WK 8	Aug 24-27 (Mon-Thurs)	Fast Cat 1-4	

Please indicate weeks attending with a check mark.