



NORTHERN LIGHTS GYMNASTICS 2011 SUMMER CAMP INFORMATION & REGISTRATION

All camps run from June 27 through August 12, 2011 (7 weeks)
Note that there is no camp on Monday, July 4 or Tuesday, July 5

Full-Day Camp

Boys & Girls – 1st Grade & Older – 9 am - 3 pm

The full day program at Northern Lights offers a variety of activities created to please children of all ages. While gymnastics is always our main focus, we also give morning swim lessons (leaving the afternoon for free swims). Our outdoor pool is on-site and 3.5 feet deep. We also have daily games, themes, contests and challenges – sometimes silly, sometimes serious – and we love to dance to the latest music, sometimes making up routines.

Costs per week:

5 days - \$185 • 4 days - \$170 • 3 days - \$145 • 2 days - \$110

Morning Half-Day Camp

Boys & Girls – Entering Kindergarten and older – 9 am - 1 pm

This is a shortened version of our Full-Day Camp. Children will receive instruction in gymnastics and swimming, participate in games and contests, and enjoy the fun of a camp experience.

Costs per week:

5 days - \$155 • 4 days - \$140 • 3 days - \$120 • 2 days - \$90

Afternoon Half-Day Camp

Boys & Girls – 1st grade and older – 12 pm - 3 pm

Join camp in the afternoon for gymnastics, swimming and other camp activities. Campers should bring a lunch.

Costs per week:

5 days - \$135 • 4 days - \$120 • 3 days - \$100 • 2 days - \$75

Preschool Camp

Boys & Girls Ages 4* and 5 – Tuesday and Thursday, 9:30 am - 12 pm

Enjoy the morning at Northern Lights with instruction in gymnastics and swimming. The children are offered a variety of games and activities indoors and outdoors, geared to a theme. Please note that all campers must be potty trained.

Cost: \$68 weekly (2 days) *4 years old before August 12

WHAT TO BRING FOR ANY CAMP: a snack, lunch (except for preschool camp), towel, bathing suit, sweatshirt, shoes for outdoor activities, and sunscreen. Please mark your child's belongings and use a bag or backpack to keep things together.

THE FINE PRINT: SUMMER CAMP RULES AND REGULATIONS

1. There are no refunds after June 1.
 2. Changes in weeks and/or days for camps will be allowed on a space available basis only.
 3. All children who participate in programs at NLG must pay an annual registration fee of \$20.
 4. Children are expected to participate in all camp activities.
 5. Payment must accompany registration. Discount rates are available for multiple weeks of camp (details are on the registration form).
 6. Children must be signed in and out of all camps every day.
 7. The NLG gym closes on Friday at 3pm sharp.
 8. The NLG gym will be closed for all programs on Monday, July 4 and Tuesday, July 5.
 9. All campers must be potty trained.
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Summer Preteam Programs

Our preteam programs are for girls who find gymnastics to be their passion. Preteam gymnasts commit to at least 2 days of practice per week, work more seriously on skill perfection and spend considerable time improving strength and flexibility. Our preteam program features gymnastics instruction by our NLG Team Staff along with one camp activity each day, including: games, crafts or swimming. All preteam summer programs run from June 27 through August 12.

Preteam

Monday & Wednesday, 12 - 2 pm

Preteam is for those girls who have participated this year in the NLG preteam program; for those who have been recommended by their coaches; or for those who wish to give our preteam a try with the thought of trying out in the fall for our regular preteam program.

Cost: \$150 for 3 weeks; each additional week costs \$45

Advanced Preteam

Monday & Wednesday, 12 - 2 pm

Friday 9:30 am - 12 pm

Advanced Preteam is for those girls who have participated this year in the advanced preteam program or who have been invited to move up to this level. During the summer, the advanced preteam workout includes a morning training session with the NLG Team.

Cost: \$180 for 3 weeks; each additional week costs \$55

PARENT/GUARDIAN WAIVER AND RELEASE FORM

You agree that your child named above will be engaging in physical exercise involving gymnastics, a coordination event, and fitness training, which could cause injury to them. You agree that your child is voluntarily participating in these activities and is assuming all risks of injury that might result. You hereby agree to waive any claims or rights that you might otherwise have to sue us, Northern Lights Gymnastics, Inc., our employees, owners, officers, or agents for injuries that might occur as a result of these activities. We will make no evaluation or recommendation whether your child is physically fit for any exercise activity. If your child has any physical condition that may impair the ability to engage in these activities, it is your responsibility to obtain a physician’s statement describing any limitation to participate in this program. It is always advisable to consult your physician prior to undertaking any physical exercise program.

Parent/Guardian Name (please print):_____

Parent/Guardian Signature:_____ Date:_____

PAYMENT INFORMATION

Payment must accompany registration form. Checks should be made out to Northern Lights Gymnastics. Visa and MasterCard are accepted. NLG staff will contact you ONLY if there is a problem with your registration. There is an annual registration fee of \$20 per child (with a maximum of 2 registration fees per family).

If Paying by credit card, Credit Card Number:_____

Expiration Date:_____ 3 digit code:_____ Authorized Dollar Amount:_____

Cardholder Signature:_____