



2015 Rhythmic Gymnastics Summer Camp at Russian Center

Camp 1:
June 15 - June 26

Camp 2:
July 20 - July 31

Open 9:00 am - 6:30pm Monday through Friday
Closed on weekends and National Holidays

Led by a team of professional coaches, Nino's Rhythmic Gymnastics Club's Summer Camp is designed to improve gymnasts' performance by extensive training in these areas:

The Mind

- Memory (kinetic, visual and auditory)
- Concentration
- Logical and Analytical thinking
- Creativity
- Time management
- Interpersonal and teamwork skills

The Body

- Strength (endurance, kinetic and dynamic)
- Flexibility (active and passive)
- Posture
- Choreographic skills (ballet and dance)
- Coordination
- Fitness
- Health

The Spirit

- Discipline
- Perseverance and will power
- Self-confidence
- Love and passion for sports as way of life
- Artistic sensitivity and expression
- Sportsmanship and competitiveness

To achieve the required goals we provide coaching methods and techniques which give impressive results in astonishingly short time without putting children under undue stress and their health at risk.

Cost for each camp is \$1300

Campers who register for both camps will receive \$100 discount for total cost of \$2500 if registrations are made for the same camper and made at the same time.

Schedule:

9:00am- 12:30pm	Conditioning, jumping, body sculpturing, muscle toning, stretching, ballet, work on elements and routines with Rope, Hoop, Ball, Ribbon and Clubs
12:30pm- 1:15pm	Lunch (kid has to bring her own meal)
1:30pm- 3:30pm	Outdoor activities in golden gate park, Tennis (racket will be provided) Swimming on Tuesdays and Thursday (Indoor pool with water slides)
3:30pm- 6:30pm	Rhythmic Gymnastics Class.

Register Now!

Please send in complete application before April 15, 2015.

Registration must be paid in full at the time of registration and are non-refundable. There are no refunds or reductions in fees for days missed due to illness, absence, vacations, change in family circumstance during camp sessions, suspension or dismissal. There are no refunds for partial sessions. There are no refunds for AM Care or PM Care.

Rhythmic Gymnastics Summer Camp at Russian Center Application

Camps attending:

Camp 1: June 15 - June 26

Camp 2: July 20 - July 31

Gymnast's Name _____

Address _____

City _____ State _____ Zip: _____

Telephone (____) ____ - ____

Date of Birth ____/____/____ Age ____ Date ____/____/____

Parent Name _____

Emerg. Telephone (____) ____ - ____

Doctor's Name _____

Medical Record Number: _____

Doctor's Telephone (____) ____ - ____

____ Is your child taking any medications? If so, list them here:

____ Does your child have any allergies to food and/or drugs? If so, list them here;

____ Has your child had any illnesses in the last two years? If so, list them here;

____ Has your child ever had any surgery? If so, list them here:

____ Has your child ever had any problems with heat (stroke, exhaustion, etc.)?

____ Is your child prone to have frequent nausea and/or vomiting?

____ Does your child have hemophilia or a bleeding disorder?

____ Does your child have diabetes?

____ Does your child have anemia?

____ Has your child ever been advised by a medical doctor not to participate in athletic activity?

\$ Amount enclosed: _____

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