

Airborne Summer Camps, 2012

303-651-1456 www.airbornegym.com



Half-Day Gymnastics Camps

This camp is geared toward kids who want to improve their gymnastics, plus spend extra time running, jumping, and FLIPPING! This camp is for students aged 7+. Our goal is to maximize each student's gymnastics and overall athletic potential by working on basic components such as speed (running), agility (climbing & jumping over obstacles), plyometrics (bounding and rebounding over obstacles), and of course working on strength and flexibility in a fun and exciting way.

We spend a lot of time on trampolines working on flipping skills for kinesthetic awareness ("air-sense"), and round out the week with rock climbing, snack time and outdoor activities.

- ◆ Ages 7 and older
- ◆ Camps run weekly, May 29th through August 11th (No camp the weeks of July 4th or full-week camp.)
- ◆ Camps meet Tuesdays & Thursdays from 9:00am -12:00 pm.
- ◆ Cost for Half-Day Gymnastics Camp is \$72 per week. See our quantity discounts below!
- ◆ Students should wear comfortable clothes and athletic shoes daily. Please no sandals or crocs.
- ◆ All students should bring a snack both days of camp.

Half-Day Combo Camps

include gymnastics, dance, rock climbing, crafts, fitness-related activities, games, and outdoor play on our play field. Six hours a week of active fun! Activities will vary from week to week. Space each week will be limited, depending on available staff.

- ◆ Ages 4 to 8 years old
- ◆ Camps run weekly, May 29th through August 11th (No camp the week of July 4th)
- ◆ Camps meet Tuesdays & Thursdays from 9:00am -12:00 pm.
- ◆ Cost for Combo Camp is \$72 per week. See our quantity discounts to the right. ☺
- ◆ Students should wear comfortable clothes and athletic shoes daily. Please no sandals or crocs.
- ◆ All students should bring a snack both days of camp.

Quantity Discount: for Half-Day Combo and Gymnastics Camps

(Number of weeks per family of combo and/or gymnastics camps)

- One week: \$72
- Two weeks: \$137
- Three weeks: \$199
- Four weeks: \$264
- Five Weeks: \$324
- Six Weeks: \$379
- Each additional week: \$55 each

Full-Day Gymnastics Camp

is an intensive gymnastics camp consisting of four hours of gymnastics training daily.

Campers will work on vault, bars, balance beam, floor exercise, and trampoline.

In addition to gymnastics and trampoline, campers will do dance, outdoor games, stretching and strength work, team building activities, even an afternoon at the pool! Guest coaches TBA

Full-week camp will be split into two tracks, Level 1-4 class students will be in the recreational track, and Level 4+ competitive gymnasts will be in the competitive track. Both groups will focus on specific goals for the week.

- ◆ Ages 7 and up
- ◆ Camp runs daily, July 9th through 13th
- ◆ Single days are available- ask at the front desk.
- ◆ Camp meets from 9:00am to 4:00pm
- ◆ Cost is \$285 (sibling rate \$260)



For information on Camp Directors and staff, please see our website-

www.airbornegym.com

Airborne Dance Camps

Summer 2012

303-651-1456

www.airbornedance.com

Princess Camps



for Ages 2½-6

Grab your glass slippers and get ready to explore the world of being a princess through ballet and jazz. Dancers will learn the vocabulary and movement of both styles of dance along with fun crafts, movement activities, and stories relating to one of the Disney Princesses. Princesses and activities will vary from week to week. This camp will be split into two age groups.

- ◆ Camps run weekly from June 4th through August 11th.
- ◆ All Ages: Mondays & Wednesdays*, 9:45am to 11:45am
- ◆ Cost for Princess Camps is \$54 per week. See our quantity discounts.
- ◆ Students should wear a leotard, tights, and ballet or jazz shoes.
- ◆ All students should bring a snack & water.

* Please note we are closed

Wednesday, July 4th, as a result Princess Camps will not be held that week.

Quantity Discount:

(Number of weeks per family of Princess Camps)

One week: \$54

Two weeks: \$99

Three weeks: \$143

Four weeks: \$182

Each additional week: \$35 each

Airborne's Ballet Intensive

for Ages 8 and Older who meet requirements below

This is an Intermediate/Advanced level Ballet Intensive, for the serious dance student that needs a little push to get back into shape before classes begin for the new school year. Classes will include ballet, pre-pointe/pointe work, classical character dancing, ballet history and video studies, and more. Dancers ***must be*** at least 8 years old and have completed two consecutive years of ballet training above the pre-ballet level, unless invited by an instructor to attend this intensive. Dancers need to be at least pre-pointe ready, if not already on pointe. Ballet students from any dance studio are welcome. We will have 2 rooms divided by age and ability.

Contact Sara Calabrese at 303-651-1456 for more details.

- ◆ Intensive runs August 6th-10th
- ◆ Monday through Thursday 3:00 to 6:00 pm and Friday 12:00 PM to 3:00 pm
- ◆ Cost for the Ballet Intensive is \$185
- ◆ Students should wear their hair pulled back into a bun and ballet attire: pink tights, leotard (preferably black), ballet shoes, and pointe shoes if you already have them and have done pointe work before.



*We also have lots of dance class offerings this summer!
See Dance Classes page for more information.*