

# Aspire Camp

3-12 years old (Must be potty trained)

- **Early Drop-off: 7:30am-9:00am**
- **Full Day Camp: 9:00am-3:00pm**
- **Half Day Camp: 9:00am-12:00pm**
- **Late Pick Up: 3:00pm-5:00pm**

Aspire Kids Sports Center Camp offers something for everyone! Full day campers have the opportunity to experience different activities such as gymnastics, swimming, arts & crafts, and more! Gymnasts of all levels, from beginners to advanced, experience the thrill of learning new skills and mastering old ones. Our experienced, highly qualified staff works with small groups to identify individual strengths, teach proper technique and help campers reach their highest potential.

## Camp Features

- Age and level-appropriate curriculum developed for each group
- Professional instructors with experience in teaching young children
- Campers rotate through all Olympic gymnastics events as well as other fun activities
- Designated swimming days for FULL DAY campers
- Special guests and/or activities each week
- Fun themes each week

## A Day in the Life of an Aspire Camper

7:30-9:00	Early Drop Off - Games/Open Gym
9:00-9:30	Warm up games/activities, stretch, put into groups
9:30-11:30	Morning Rotations
11:30-12:00	Lunch for Full Day Campers/Open Gym for Half Day Campers
12:30-3:00	Afternoon Rotations
3:00-4:00	Late Pick Up - Open Gym
4:00-5:00	Late Pick Up - Games/Movie (upstairs)

Morning Rotations include activities such as:

- **Gymnastics events** (Floor, Bars, Beam, Vault, and Boys Events)
- Games & Special theme related activities
- Crafts
- Outdoor water slide (Summer Camp only)
- Special guests

Afternoon Rotations include activities such as:

- **Recreational Activities** (Trampoline, Pit, Bounce Houses, and more)
- Games & Special theme related activities
- Swimming

---

\*\* Activities may vary for each camp based on time and weather restrictions\*\*

## **Curriculum**

Each week, campers are placed in groups based on age, ability and gender. An age and level-appropriate curriculum is developed for each group which encourages personal attention to each campers abilities and maximizes safety.

Girls utilize the balance beam, uneven bars, vault and floor while boys work on floor exercise, pommel horse, parallel bars, horizontal bar, still rings and vault. All gymnasts enjoy state-of-the-art tumble tracks, in-ground trampolines and deep foam pits. In addition to gymnastics, campers will play games, have use of our bounce houses, and have other special activities based on each weeks' themes.

---

## **Staff**

Our dynamic staff of experienced professional instructors are hired to coach camp not only for their knowledge of gymnastics, but also for their ability to relate to and teach young children.

The staff includes girls and boys gymnastics coaches of all levels. Mature and responsible Junior Coaches and Coaches in Training also provide supervision and support throughout the day. During camp, we have 1 coach available per 10 campers.

---

## **Water Activities**

During Summer Camp, and on designated days, campers can cool off and enjoy the fun and excitement of our waterslide and other outdoor water toys. Parents are notified when to send their child to camp with a bathing suit and towel. Outdoor water activities are done in the shade, so there is no need for sunscreen!

We also have designated swim days for FULL DAY campers during each camp. Swimming is available at all of our camps; and takes place in our indoor swimming pool. Life vests are available for campers who cannot swim. During swim, we have 1 coach per 5 campers.

---

### **Lunches and Snacks**

Full day campers must bring their own lunch. Late pick up campers will receive a snack provided by the gym. Please notify us of any food allergies your child may have. If your child has a food allergy, please provide them with all food needed for the day.

### **Parent Information**

Before each week of camp, you will receive a newsletter via email with the next week's camp information on it. These newsletters can also be picked up at the front desk and/or when signing in/out from camp.

### **Refund/Transfer Policy**

Refunds will not be given for camp fees already paid. Paid camp days/weeks may be transferred to another day/week if 24 hours notice is given (so staffing arrangements can be made).

### **Camper Behavior**

Campers are expected to be on their best behavior while participating in any activity at Aspire Kids Sports Center. They must follow the rules given to them by their coach. Campers who do not follow rules will be given a warning, a time-out, and then sent home. Verbal and/or physical abuse from campers will not be tolerated. If a camper breaks this rule, they will be sent home immediately. Rules are given to the campers every morning and reminded throughout the day.

### **More Information**

**For more information, please call the front desk at (480)820-3774 or email [info@aspirekidsports.com](mailto:info@aspirekidsports.com)**