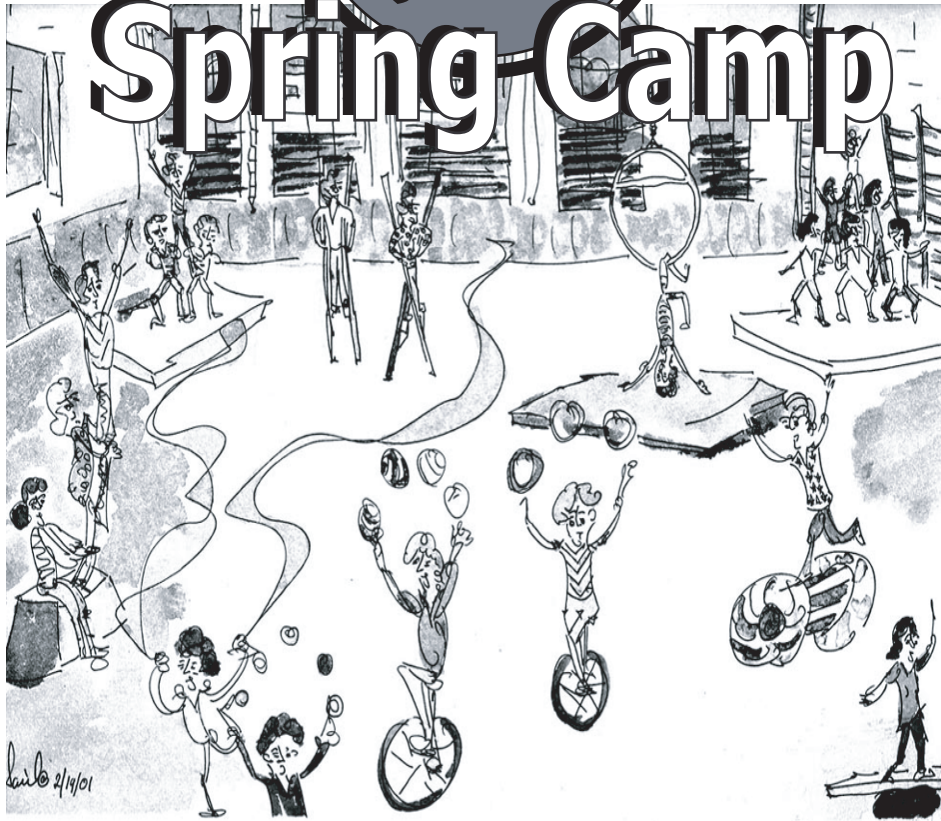




# Spring Camp



## April 6 - 10, 2009

Registration begins February 16<sup>th</sup>

639 Frederick St., San Francisco, CA 94117

ph: 415-665-2276 fax: 415-566-0102 [www.acrosports.org](http://www.acrosports.org)



# Spring Camp

Our camps offer a variety of unique activities developed to promote personal fitness and improve self-confidence, while gaining group cooperation skills. Campers will enjoy snack & lunch breaks together, and all will be featured in the "Big Show" on Friday at 4:00. **Gymnastics Camp and Circus Camp take place concurrently.**

### Circus Camp

- \* Circus arts activities: trapeze, bungee, ropes and juggling
- \* Development of tumbling and balancing skills through work on the beam, stilts, fastrak and tumbling strip where campers learn rolls, falls and flips
- \* Floor activities including games, rehearsals and choreography of theatrics, skits and group routines
- \* Art activities in the Solarium creating props in preparation for the Big Show on Friday
- \* Daily walking field trip, weather permitting, right across the road to Kezar stadium for lunch and other activities in the fresh air.

Family and friends are invited to the grandstand to watch the fun on Friday at 4:00pm for the AcroSports Big Show. This end of camp performance showcases all of our wonderful campers. Enjoy as they show off their progress, new skills and talents. Everyone participates!

### Girls' Gymnastics Camp

**Open to intermediate to advanced gymnasts only.** This camp provides an opportunity to train intensively for one week; gaining new skills and polishing the basics.

Students will train on gymnastics events, FasTrak, and trampoline. Recommended for X-Team members and students in red levels and up, as a way to set and reach goals in your training!

**Enrollment by coach recommendation or evaluation only.**

Activities include:

- \* Focused training on gymnastics events
- \* Games and activities to develop new skills
- \* Trampoline and FasTrak
- \* Participation in Bungee and games with Circus Campers

### Camps are for ages 6 - 12

Children must be 6 by the first day of camp to participate. We also offer a KinderCamp, a half-day camp for 4-5 year-olds; for more information about KinderCamp please visit [www.acrosports.org](http://www.acrosports.org).

### Fees

Circus Camp or Gymnastics Camp \$250

Beforecare 8 AM - 9 AM \$30/week\*  
Offered Monday - Friday

Aftercare 3PM - 5:30 PM \$60/week\*  
Offered Monday - Thursday

\*Daily attendance in BeforeCare and After Care may be offered if space allows, but pre-registration for this option is not available.

**Full Refunds, less \$25 per child, are only available until three weeks before the scheduled start date of camp. No refunds for cancellations less than 3 weeks prior.**

### Times

April 6-10, 2009  
Monday - Thursday 9 AM-3 PM  
Friday 9 AM - 4 PM (Circus Show at 4:00)

### Location

AcroSports  
639 Frederick Street (between Stanyan/Arguello)

### To Register

Sign up Online at:  
[www.acrosports.org/register.html](http://www.acrosports.org/register.html)