

High School Summer Gymnastics Workouts

These workouts are open to all female high school students and incoming freshman who are considering being part of their schools gymnastics team. Each practice focuses on the specific skills and combinations valued by the High School Association code of points. Summer gymnastics is a great way to prepare for the demands of the regular season, to stay in shape during the off-season, and to build lasting friendships with fellow athletes. All levels of experience welcome!

Day Camp Session A: June 18th – July 13th

Day Camp Session B: July 16th - August 10th

Hours/Days: Mondays 5-8, Tuesdays 5-8, and Thursdays 5-8

Cost for each 4-week session: 3 days/week \$252

Full-Day Camp

Viking Gymnastics Club offers two sessions of 4-week, co-ed day camps. Since the core emphasis of VGC's day camp is on gymnastics instruction, we dedicate over 2 hours a day to skill work. The remainder of the camp day includes a mixture of activities like: dance, teambuilding, conditioning, circus skills, obstacle courses, outside sports, arts & crafts, and more. *Note – The Niles North pool will be closed this summer due to construction

Day Camp Session A: June 18th – July 13th (No camp July 4th)

Day Camp Session B: July 16th - August 10th

Camp Hours: 9:30am to 3:30pm

Cost for each 4-week session:

5 days/week	Monday – Friday	\$576
3 days/week	Monday, Wednesday, Friday	\$391
2 days/week	Tuesday, Thursday	\$268

Two-Hour Gymnastics Camp

VGC's Gymnastics Camp is for both boys and girls who want to learn or master gymnastics skills in a quick amount of time. Each 4-week session meets for 2-hours a day, 5 days a week. Instructors will concentrate on the fundamentals of gymnastics, flexibility, and total body conditioning. Gymnasts will be trained in accordance to their personal abilities and goals.

Day Camp Session A: June 18th – July 13th (No camp July 4th)

Day Camp Session B: July 16th - August 10th

Camp Hours: 12:00pm to 2pm

Cost for each 4-week session: 5 days/week Monday-Friday \$330