

# The Daily Swing

A.M.

**M, T, TH, F**  
Organized Gymnastics / Cheerleading rotations  
**W** –  
Gymnastics / Cheerleading Showcase practice

**Noon to 1 p.m., M - F Lunchtime**  
*\*\*campers bring their own lunches*

P.M.

**M** –  
Tom Brown Park  
Group Dynamic Games

**T** –  
Teambuilding  
Skit Production

**W** –  
GF Cinemas

**TH** –  
Swimming @  
Maclay Gardens

**F** –  
Talent Showcase

**Customizable Camp Programs**

Created With Everyone In Mind

- A** – Full Day Gymnastics (9 a.m. – 4 p.m.) \$160
  - B** – Full Day Cheerleading (9 a.m. – 4 p.m.) \$160
  - C** – Gymnastics Paradise ½ day (9 a.m. – Noon) \$90
  - D** – Cheerleading Oasis ½ day (9 a.m. – Noon) \$90
- \*Early Drop Off and Pick Up available for \$5 each Half Hour

Camp Programs	Gymnastics or Cheerlead	Daily Snacks	Group Dynamic Games	Daily Video Sessions	Arts & Crafts	Field trip	GF Cinemas	Orienteering Hike	T-Shirt	Awards	Showcase Performance
A	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀
B	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀
C	☀	☀	☀						☀	☀	☀
D	☀	☀	☀						☀	☀	☀

A	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀
B	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀	☀
C	☀	☀	☀						☀	☀	☀
D	☀	☀	☀						☀	☀	☀

**Early Birds** (8:00 a.m. – 9 a.m.) - \$5/half-hour

**Night Owls** (4 p.m. – 5:00 p.m.) - \$5/half-hour

## Unburied treasures

- ☀ Wish Lists, to help coaches customize workouts to athletes' individual goals
- ☀ Newly-renovated air-conditioned facility.
- ☀ Camper/counselor ratios of 10:1 or less.

- ☀ A hang-out room, exclusively for campers during their weeks of camp
- ☀ Camp atmosphere like no other camp. Each camper feels like they are part of our team.
- ☀ End-of-the-week showcase and awards ceremony to encourage confidence and team spirit
- ☀ Camp T-shirt

## How to register

\$25.00 camp registration per week is required of all students. This is to insure your child's enrollment. The remaining balance will be due two (2) weeks before the first day of camp. Space is limited for each camp so early enrollment is encouraged. See attached form.



Gym Force is a family-oriented athletic training center dedicated to providing quality gymnastic and cheerleading instruction in a positive environment with fun, achievable goals.

The Jungle Beat

"We are **very excited** to have opened our new **state-of-the-art** facility in time for the 2009 summer camp season. **More than ever before**, participants have an all-inclusive environment in which to **grow together** as athletes AND individuals."  
- Kevin Standriff  
GF co-owner



"I **loved** camp last year! I Learned **cool new skills** and made **great friends** who I still see at gymnastics class."  
- Summer A.  
Age 7

"My child had never done Cheerleading or been to camp until last year. Her coaches made her feel **right at home!** She couldn't stop talking about it during the car ride home."  
- Sharon A.  
Parent



2010



# Summer Gym-tastic day camp



If your child has been turning somersaults off the couch or is dreading a hot summer without adventure and friends from school, then our Gymnastics and Cheerleading camps are your solution. For 13 years, campers have found a home at our gym, making friends, getting stronger and gaining confidence while in the care of our trained coaches and counselors.

For more information, call 877- 4255 or visit our Web site: [www.gymforce.net](http://www.gymforce.net)

Gym Force  
2860 Industrial Pl. Drive  
Tallahassee FL. 32301  
877-4255  
[www.gymforce.net](http://www.gymforce.net)



## A Jungle Gymtastic / Cheerific Summer Camp Registration Form

NAME OF CAMPER: \_\_\_\_\_ DOB: \_\_\_\_\_

PARENT/GUARDIAN NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_ ALTERNATE PHONE: \_\_\_\_\_

### DATE(S) OF CAMP:

*Check each selection*

- June 7<sup>th</sup> - 11<sup>th</sup>
- June 21<sup>st</sup> - 25<sup>th</sup>
- July 12<sup>th</sup> - 16<sup>th</sup>
- August 2<sup>nd</sup> - 6<sup>th</sup>
- August 16<sup>th</sup> - 20<sup>th</sup>

### CAMP PROGRAM:

*Circle which program*

- |   |   |   |   |
|---|---|---|---|
| A | B | C | D |
| A | B | C | D |
| A | B | C | D |
| A | B | C | D |
| A | B | C | D |

Please remember a \$25.00 deposit per week is required and the remaining balance will be due two (2) weeks before camp begins.

CAMPER SHIRT SIZE: CS CM CL CXL AXS AS AM AL

#### Office Use Only

REGISTRATION FEE: \$\_\_\_\_\_ cash check credit AMOUNT DUE: \$\_\_\_\_\_

The following forms have been turned in for \_\_\_\_\_:  
(Name of camper)

Camp Registration Form \_\_\_\_\_ Liability Form \_\_\_\_\_