

SUPER KIDS' QUEST CAMP 3-8 YRS

9:00 a.m. – 12:00 noon

Super Kids' Quest Summer Camp is an adventure-filled 3-hour camp for children ages 3-8yrs. Each camp theme is based on fun, exciting missions or "Quests" that the kids are challenged to complete each day! Each day of camp involves a fun, creative storyline and music that will incorporate opportunities for the kids to exercise their muscles, their imaginations and their cooperation skills – working together to complete each Quest! If your kiddos have been to The Little Gym Camps in the past, they will be in for a totally new and exciting experience!

June 6 - 10

Animal Adventures Week!

Our Super Kids will venture into Hullabaloo Zoo – the biggest Baby Animal Zoo in the land! Each day the Super Kids, aided by a "secret clue", will work together to find a chosen baby animal!

June 13 - 17

Green Beard Pirate Week!

The Super Kids' Quest this week puts them on Green Beard The Pirate's Galleon! Each day our little pirates will be sailing to a new island, a new adventure and new treasures!

June 20 – 24

Cheer & Dance Fun!

Give me a F – U – N! Boys and girls alike will learn chants, cheers, stunts, and dances during this adrenaline-producing week! We'll work on air mat tumbling as well as cartwheels, round-offs, back handsprings and back tucks. All stunts and cheers will be age-appropriate and will incorporate lots of activities to increase our upper body strength!

June 27 – July 1

Superhero Week!

The Super Kids will be challenged with quests that have them pretending to be The Super Grown-Ups, those heroic uniformed men and

women who keep us safe and help us when we're in danger!

July 5 – 8

Prince & Princess Party Week!

Legend says that on certain nights, hidden in the Hum-Giggle Garden, a magical and mysterious Mid-Summer Night's Garden Party takes place! If the Super Kids can search through Hum-Giggle Garden and find the party, they will take part in games and challenges performed in the dark!

July 11 - 15

Under The Blue Sea Week!

Have you not heard of the Mermaid – and Merman – Palace that has been missing at the bottom of the Blue Tumble Sea? The Super Kids' Quest is to embark on an incredible "underwater" journey to find it! Who knows what special surprises await?

July 18 – 22

The Neat Ninja League!

As "Super Ninjas", the Super Kids will use karate skills to complete their quests and be granted membership into the Neat Ninja League! We will have a fun focus on personal responsibility. Neat Ninja's are very neat, responsible and LOVE to have fun!

July 25 – 29

Lego Adventures In The Forest!

Deep in the wilderness of the Pacific Northwest is the enchanted Foxhole Forest! Each day the Super Kids will be presented with a quest to discover one of the "wonders" of Foxhole Forest and build a different Lego creation each day. If they are successful, they will each become an honorary member of "The Fun Foxes"!

August 1 - 5

Pajama Party Week!

Once the Super Kids find the Dragon's Lair, the Slumber Party will begin! The Super Kids are invited to wear pajamas during this outrageously fun adventure – with games, challenges, and even some Hip Hop Dance!

August 8 – 12

The Little Gym Olympics Week!

The Summer Olympics are back once again in 2016! We will celebrate by having our own The Little Gym Olympics during this week of camp – complete with Opening and Closing Ceremonies, and of course the Grand Awards Presentation! Each day will offer fun-filled sports activities.

August 15 -19

Citizen Kid Week!

Gerty the Good-Mannered Gorilla is the leader of the "Good Manners Club". In their quest to become honorary members of the Good Manners Club, the Super Kids must complete a series of Good Manner tasks and challenges. These Good Manner tasks will not only challenge the Super kids' social skills, they will challenge their gymnastics skills, ball handling and cooperation skills, too!

SKILL THRILL CAMPS 5-12 YRS

1:30 p.m. – 4:30 p.m.

Is your The Little Gym grade school child excited and eager to finally learn – or perfect – a Cartwheel? Handstand? Back Handspring? Back Tuck? The Little Gym's new Skill Thrill Camps focus on a specific skill to offer the perfect combination of skill-building, fun and success! By the end of each camp, your child will have made significant strides toward the learning of the skill of focus. Since our Farragut location offers these camps on Mondays and Thursdays, your child can repeat a camp at The Little Gym of Farragut and grow more skills!

Tuesday, June 14

Caribbean Cartwheels & Hawaiian Handstands

Cartwheels and Handstands are important "gateway skills" that will lead the beginning/intermediate level gymnast toward learning Round-Offs, Back Handsprings and more! They also build upper body and core strength! A "Caribbean/Hawaiian" side theme will add a fun tropical twist to the week!

CALL US AT 583-1166 TO
RESERVE YOUR CAMP
DAYS!

Tuesday, June 21

Back Handspring Bonanza

This Skill Thrill Camp is perfect for kids who are ready to learn the Back Handspring! It's also great for those kids who have learned a Back Handspring – but are ready for more advanced Back Handspring, and power tumbling variations. A three hour "Back Handspring Bonanza"!

Tuesday, June 28

Back Tuck Beach!

Yes – we're going to "Back Tuck Beach"! Back Tucks (back flips) are not only a BLAST! – they are also easier to learn than you think. All it takes is some confidence-building, practice and repetition! And that's just what this Skill Thrill Camp will provide.

Tuesday, July 12

Vaulting Volcanoes!

Vaulting is one of the most fun and exciting events in gymnastics! What other event allows you run AS FAST AS YOU CAN and LAUNCH into the AIR! Whether it's learning a squat-on vault or perfecting a Front Handspring vault, this camp will get them "springing" to new heights!

Tuesday, July 19

Front Handspring Festival

This Skill Thrill Camp is perfect for those kids who have learned their handstand – and are ready to move to the next step – a "Front Handspring"! This camp is also great for kids who can do this skill by themselves – but just need some repetition and practice to solidify their technique and confidence.

Tuesday, July 26

Amazing Aerials

Is it possible to do a "no-handed cartwheel"? YES – this skill is called an "Aerial"! While advanced gymnasts may be perfecting their aerial or learning to link it to other skills, beginning and intermediate gymnasts will have the opportunity to grow their cartwheels as they progress towards this exciting skill!

Tuesday, August 2

Kip, Kip Hooray!

The Kip skill on the bar is one of the most important – yet most difficult – skills to learn for the intermediate/advanced gymnast. This Camp offers the focus and repetition required to learn the subtle movements of the Kip. Who knows? Your child just might GET IT!

SUPER KIDS' QUEST SUMMER CAMP

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