



Chery's GYMNASTICS and Beyond

9943 E Washington St.
Auburn Twp. 44023
(Next to the Pond ice skating rink)



Team Summer Camp

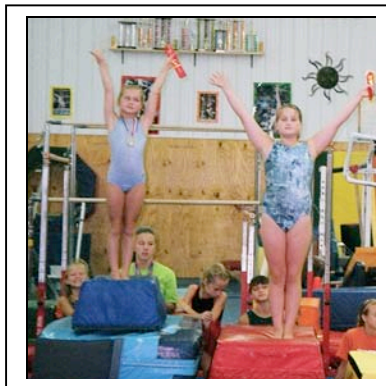
Week of August 9-13 Level 4-8 7-18 years old 9:00-4:00 Cost:

For members of the Above and Beyond Gymnastics Team Levels 4-8. Bring sack lunch Under the direction of Chery Bessette and team staff (Mandatory for new team members)

This camp is designed to prepare those gymnasts who will be competing in the fall. Gymnasts will continue learning compulsory level 4,5,& 6 routines and/or optional routines and skills required for levels Intermediate Optional, 7, 8, and 9.

After lunch there will be educational lectures on subjects that help gymnasts understand what it takes to be a good athlete. Proper diet and rest, self motivation, visualizing, the purpose of conditioning and flexibility for dance plus, the more experienced gymnasts will share some of their experiences competing to help new members understand the ups and downs, plus the joys of competing. We always incorporate good sportsmanship and teamwork with fun games so everyone gets to know all team members by first names, as we cheer, encourage, and help teammates during practices and meets.

A mock meet will conclude the camp week with awards making this event memorable and rewarding.



Extra

Campers will go to "The Pond" ice skating rink for a short lesson and have fun with some synchronized group exercises and games plus open skate afterward to utilize their newly learned skills.

Campers will also take a walk around the gym to the *Beyond Garden* to experience nature. We will encourage their natural curiosity and exploration of the natural world outside.

**To Register Call 440-708-0588
Drop off or Mail to:**



Chery's Gymnastics and Beyond
9943 E. Washington St.,
Auburn Township, OH 44023

Summer Camps

Date: _____

Year: 2010

First Name	Last If different	Age	M/F	Camp:	Day:	Time:	Cost:

Subtotal: \$ _____

Reg. Fee: \$ **15.00**

(Available see below) * Discounts: \$ _____

Total: \$ _____

Parents' Names: _____

Address _____ City _____ zip _____

Home Phone Number- _____ Emergency Number _____

Make checks payable to *Gymnastics and Beyond*

MasterCard

Form of Payment: CASH CHECK CREDIT

Visa

Card Number: _____

Card Expiration: _____ / _____ V-code: _____

*Immediate families with two or more children registering may deduct \$25.00 for each class after the first one.