

Bay Area Gymnastics Handbook



We Offer:
Gymnastics every day
Arts and Crafts
Games and Open Gym Play

Bay Area Gymnastics
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Introduction

Our goal is to provide a safe, structured, fun learning and social environment where children can learn more than gymnastics skills that will carry them through life.

Our program is based on the developmental curriculum of the USA Gymnastics program. All gymnastics and athletic training is designed to meet the developmental needs of our young students. We start with basics in order to lay a good, solid foundation. All our programs strive to build self-confidence, self esteem and self body awareness.

Gymnastics is the greatest, most complete physical education program in the world!

Open Door Policy

We want your child to have the best camp experience possible. Please do not hesitate to bring anything to our attention for us to help make this happen. Our door is always open for your and your child's needs.

Rules and Policies

Drop Off and Pick Up of Camp

1. Parents/guardians are required to sign campers IN and OUT daily.
2. Parents/ guardians will provide (pick up at drop off) an authorized list of adults who may pick up the child from the gym. ANYONE comes in to pick up a child and they are not on the list, they will **NOT** be allowed to pick up the child.
3. Children must be picked up at the end of camp promptly, as our afternoon classes will begin. Late pickup will result in an additional fee.

How Children are Checked In and Out?

- Parent/guardian or designated adult will be required to sign the child in and out daily.
- An instructor from Bay Area Gymnastics must witness the arrival and departure of every child.
- All parents / guardians are required to record the time when they leave.

Snacks and Lunches

- If you decide to set up a **bay bucks** card, your child will have access to it during snacks and lunch. Bay bucks is a card you can add money to and is kept on file at the gym for your child to use daily.
- All **FULL DAY** campers must have lunch, 2-3 snacks and 2-3 drinks for the day.
- **HALF DAY** campers are required to have a snack and plenty of water.
- We have snacks/ drinks on hand for purchase.

What we do all day

Here is the daily schedule that will be followed. Each week will begin with an overview of basic gymnastics skills and then progress throughout the week. Open Gym time offers a chance to play cooperative games, develop motor skills, flexibility, and gymnastics skills while using obstacle courses, trampoline, balance beam, parachute games etc.

Daily Schedule

9:00 - 9:15 Arrival/free time
9:15 - 9:30 Warm up and stretch
9:30 - 10:00 Circuit 1: Bars + Rope
10:00 - 10:30 Circuit 2: Vault + Beam
10:30 - 11:00 Snack 1
11:00 - 11:30 Circuit 3: Floor + Trampoline
11:30 - 12:00 Group Game
12:00 - 12:45 Lunch
12:45 - 1:45 Rest Time / Table Game
1:45 - 2:30 Open Gym
2:30 - 2:45 Snack 2
2:45 - 3:15 Craft / Group Game
3:15 - 4:00 Open Gym and Dismissal

**It is our goal to follow our schedule as closely as we can so the kids will have consistency throughout the day.
However, our schedule is subject to change on a needed basis.**

Suggestions and Reminders

- Ask about our Bay Bucks program.
- We ask the students to have an extra bag of clothes in case they are needed.
- Please send all students in tight fitting clothing as they will all be participating in some sort of physical activity and using equipment.
- You may send students with electronics. Please keep in mind that internet **will not** be provided. However, electronics will only be allowed during rest time. Bay Area Gymnastics will not be responsible if an item is lost, misplaced, stolen or broken.
- Every child that attends Bay Area Gymnastics camp must be potty trained.
- Please send a small towel or blanket for your child to use during rest time.
- Check all signs for extra activities - we plan additional weekly events that may require your child to bring extra items (money for ice cream, bathing suit, sneakers, ect.) We will also send out reminder emails to camp parents about any trips or special events via email.
- Field trips will be planned on a weekly basis - we will not go on field trips every week.

Registration and Payment Process

All registration is completed online through our iClassPro Parent Portal.

Registration must be completed the *Friday before the registered camp week begins*. If you would like to sign up or child after Friday, you will be charged an additional late registration fee of \$10.00. Camp tuition is non-refundable. Please see the director if you have additional questions. Payment is required to be completed by the first day of the week. If payment is not collected by Monday drop-off, we will not be able to provide camp services for your child.