

Hello Gymnastics Camp Families!

Welcome to both returning and new gymnasts! We are excited to see you all at our upcoming Gymnastics Camp! Please read the following very carefully to ensure you and your child are best prepared for camp.

**Typical Day:**

Gymnastics specialty camp time: Monday – Friday 12:00 pm – 4:00 pm

Each day will open with 10-15 minutes of open gym time to allow Aquatics and Extended Care to finish lunch and for all campers to settle in. Campers will be split into groups based on age and current ability to rotate through all 4 events, plus tumble track and trampoline time. There will also be organized games and relays throughout the week. Between 1:30-2:00 pm, we will stop for a snack break. Camp will end with 10-15 minutes of open gym time to allow for clean-up and dismissal.

**Growth & Progress:**

This coming week your gymnast will grow in multiple ways. Our camps are in alignment with the Y's mission; to put Christian principles into practice through programs that build healthy spirit, mind, and body for all. Your child may find some things challenging, but we believe that growth comes from being a little uncomfortable. Learning new skills should be fun, but not easy. Our priority is to always keep your child safe (physically and emotionally).

**Drop Off:**

- Campers registered in Gymnastics Camp **only** must be dropped off at 12:00 pm. This camp is held at Gymnastics Center located at 220 Pine Street.
- Aquatics and Extended Day Campers will be transported to the Gymnastics Center via minibus.

**Pick-Up:**

- Campers only registered in Swim and Gym or Gymnastics must be picked up from the Gymnastics Center at 4:00 pm. **There will be a \$5 per min late fee charged to your account if you are late for pick-up.**
- Extended Day Campers will be transported to the main Y at 4:00 pm. We plan to arrive no later than 4:10 pm each day.
- Ensure anyone picking up your child is approved to do so and provide them with the codeword. Your child needs to know the codeword, too.

**Swim and Gym Camp:**

- They will be transported to the gymnastics facility at 11:30 am to eat their packed lunch.
- Please make sure your child understands what to do with their suit and wet towel.
- Follow the pick-up instructions above if your child is not registered for Extended Care.

**Specialty Camp Extension:**

- Campers will be picked up from the Youth Department at 11:30 am and brought to the Gymnastics Center to eat their packed lunch.
- At 4:00 pm, your child will be transported back to the Youth Department via minibus.

**What to bring/not to bring:**

- Bag or book bag to hold all belongings
- Packed lunch
- Water bottle
- Slip-on shoes - no socks
- Tight-fitting clothing - no denim, buttons, or zippers
- No jewelry - this includes hair jewelry (beads, bows, clips)
- All hair must be pulled back away from the face and neck

Please feel free to reach out via email at [Gymnastics@ymcasumter.org](mailto:Gymnastics@ymcasumter.org) if you have any questions or concerns. We are so excited to see everyone this summer!