



CLASSES: JUNE 27TH-AUGUST 26TH

CAMP: JUNE 27TH-AUGUST 26TH

GYMNASTICS CLINIC: JULY 18TH-JULY 22ND

Closed July 4th & August 29th thru September 6th

4 Gold Mine Rd Flanders, NJ 07836
 973-347-2771
 csgymnasticsinc@gmail.com
 www.csgymnasticsinc.com
 facebook.com/csgymnastics

Program	Monday	Tuesday	Wednesday	Thursday	Friday
CAMP					
Summer Adventure Camp	9:00-1:00	9:00-1:00	9:00-1:00	9:00-1:00	9:00-1:00
GYMNASTICS					
Parent-Child Ages 18 mo.- 3 y/o: 45 min		3:00-3:45			
Pre-K Skill Development Ages 3-4: 45 min		4:15-5:00		5:15-6:00	1:15-2:00
Ages 5-6: 1hr	4:00-5:00	6:00-7:00	5:00-6:00	4:00-5:00	2:15-3:15
Girls Ages 7-9: 1hr 15 min	4:15-5:30	6:15-7:30	4:00-5:00 6:15-7:30		
Girls Ages 10+: 1hr 15 min	6:45-8:00	7:15-8:30	5:45-7:00		
Girls Ages 7+ Inter. to Adv.: 1hr 15 min Strong cartwheel, handstand, backbend & pullover required				6:15-7:30	
Boys Ages 7+: 1hr		4:30-5:30			
TUMBLING					
Tumbling Ages 7+: 1hr	5:30-6:30	4:00-5:00		7:30-8:30	
ULTIMATE NINJA ATHLETE					
Ages 4-6: 1hr	4:30-5:30	1:15-2:15	4:30-5:30 5:45-6:45	4:30-5:30	
Ages 7+: 1hr	5:45-6:45		6:45-7:45	5:45-6:45	
Ages 10+: 1hr		5:15-6:15			

Parent/Child Ages 18mo-3 y/o: Parents participate with their little ones in this teacher-led program. Features fun & safe circuits, circle activities, and encourages socialization. Builds agility and confidence!

Pre-K Skill Development Ages 3-4: Intro into gymnastics concepts with safe and fun drills and circuits. Focuses on tumbling basics, balance, strength development and familiarity with gymnastics apparatus.

Gymnastics Ages 5-6: Focuses on development of gymnastics skills on all apparatus with more emphasis on form and strength.

Gymnastics Ages 7 and Older: Focuses on increasing the difficulty level of skills as well as establishing proficiency and comfort on all women's apparatus.

Boys Gymnastics Ages 7+: Focuses on increasing the difficulty level of skills as well as establishing proficiency and comfort on all men's apparatus.

Tumbling Ages 7+: Focuses on developing tumbling skills utilizing tumble track, spring floor and skill stations.

Ultimate Ninja Athlete (UNA): The mission of this program is to create the ultimate ninja athlete by combining obstacle training and parkour with elements of martial arts and gymnastics. The result is a super fit athlete that can handle anything a ninja warrior course can throw at them!

****Minimum enrollment per class is 3 students**



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SUMMER ADVENTURE CAMP

June 27th - August 26th

C.S.'s *Summer Adventure Camp* provides children ages 4-12 with an awesome day camp experience!

Monday - Friday | 9:00am - 1:00pm

Children must be 4 years of age by March 1, 2022 to register

- Flexible schedule allows you to choose which days/weeks you would like to attend
- 15% discount for families enrolling 2 or more children for a full week (5 days)

Campers will need to bring a snack, lots of water and a ton of energy!

ACTIVITIES INCLUDE:

Gymnastics | Obstacle Courses | Arts & Crafts | Music | Rock Wall Climbing | Games | AND MORE!

SUMMER GYMNASTICS CLINIC

July 18th - 22nd

Our *Gymnastics Clinic* is open to children ages 6 and up and provides top level gymnastics instruction!

One year previous gymnastics experience required.

Monday - Friday | 10:00am - 2:00pm

- Attend 3 or all 5 days
- 15% discount on 5-day enrollment for families with two or more children enrolled in the gymnastics clinic

ACTIVITIES INCLUDE:

Boys & Girls Gymnastics Apparatus Training | Team Building Activities | Games | AND MORE!

Dates	Theme
Week 1 Jun 27 th -Jul 1 st	Ninja Warrior Get ready for an awesome week of running, jumping, swinging, obstacle courses, missions, and tons of fun!
Week 2 Jul 5 th -8 th	Animals on Land From the farm to the rain forest, we'll learn all about land animals this week and get to meet some amazing animals along the way!
Week 3 Jul 11 th -15 th	Can You Build It? From cool forts to robots, we're going to see what kinds of amazing things we can build using blocks, mats, legos and more!
Week 4 Jul 18 th -22 nd	Animals Under the Sea Grab your scuba gear and take a dive with us as we learn about the amazing animals living in our oceans! Watch out for the sharks!
Week 5 Jul 25 th -29 th	Ninja Warrior Part 2 Come back for part 2 of one of our most popular camp weeks, and get more jumping, climbing, swinging, running and flipping action!
Week 6 Aug 1 st -5 th	Sports Spectacular Shoot and score at this super high energy week filled with all different types of sports - It will be a home run for all campers!
Week 7 Aug 8 th -12 th	Abracadabra Now you see me, now you don't! Come for a week full of magic at our Abracadabra week and learn a new trick each day!
Week 8 Aug 15 th -19 th	Ninja Warrior Part 3 It's our last ninja mission of the summer and the coolest one yet! Register for one final ninja warrior summer adventure!
Week 9 Aug 22 nd -26 th	Join the Circus Calling all lion tamers, acrobats, trapeze artists and clowns! We're closing out our last week of Summer Camp with a high flying week of fun at the circus!

SUMMER PRICING

CLASSES:

June 27th - August 26th

1hr Class: \$225

1hr 15min Class: \$252
for 9 week session

Ask about multi-class discounts!

ADVENTURE CAMP:

June 27th - August 26th

9:00am-1:00pm

\$45/day OR \$204/week

15% discount on full week (5 day) registration for families with two or more children enrolled in camp. Applied at time of registration.

GYMNASTICS CLINIC

July 18th - July 22nd

10:00am-2:00pm

3 Days: \$289 | 5 Days: \$475

15% discount on 5-day enrollment for families with two or more children enrolled in the gymnastics clinic.

SUMMER PAYMENT OPTIONS

PAY IN FULL:

Pay total amount at time of enrollment.

INSTALLMENTS:

Call to request information on payment installments.

SUMMER REGISTRATION FEES

Gymnastics Class Students: \$40

Ultimate Ninja Athlete (UNA) Students: \$60

UNA registration includes t-shirt

Summer Camp ONLY: \$25