

APEX SUMMER 2012 CAMP/CLINIC INFORMATION

Apex offers a variety of camps and clinics this summer.
Choose from **Summer Blast Camp**, **Gym Madness**,
Tumbling Clinics/Back Handspring Clinics,
or **Advanced Gymnastics Clinics**.

Blast Camps and **Gym Madness** will meet **Monday through Friday** from **9:00 am – 1:00 pm**.
Tumbling Clinics and **Advanced Clinics** will meet **Tuesday through Friday** from **9:00 am – 1:00 pm**.
Back Handspring Clinics will meet on **Mondays** from **9:00 am – 11:00 am**.

APEX will provide **pizza** and **juice** on **Fridays** for **ALL camps and clinics!**

All fees are due at the time of registration and are ***non-refundable***.

PLEASE DETACH AND MAIL TO: APEX Gymnastics, 741 Miller Drive, Suite I-1, Leesburg, VA 20175

2012 CAMP/CLINIC REGISTRATION

Parent's Name: _____ Phone: (____) _____

Address: _____ Cell: (____) _____

Emergency Contact/Phone: _____ (____) _____

| Child's Name | DOB | Allergies/ Medical conditions | Week | Fee | Camp/Clinic Name |
|--------------|-----|----------------------------------|------|-----|------------------|
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Total enclosed \$ _____ VISA MasterCard Discover Check # _____

Credit Card # _____ - _____ - _____ Exp. Date ____/____

Please make checks payable to: APEX Gymnastics.

Waiver and Release: I am fully aware of and appreciate the risks, including the risk of catastrophic injury, paralysis, and even death, as well as other damages and losses associated with participation in gymnastics activities and events. I understand that APEX Gymnastics uses deep foam pits, resi-pits and inflatable devices and the risks associated with these training devices. I further agree that Apex and the sponsor of any Apex event, along with the employees, agents, officers, and directors of these organizations shall not be liable for any losses or damages occurring as a result of my participation in the event, except where such loss or damage is the result of the intentional or reckless conduct of one of the organizations or individuals identified above. Medical Attention: I hereby give my consent to Apex to provide, through a medical staff of its choice, customary medical/athletic training attention, transportation, and emergency medical services as warranted in the course of my participation.

Signature: _____ Email: _____

Summer Blast Camp (3-5 years) Campers will participate in themed camps with activities including gymnastics, crafts, and games. All camps run Monday through Friday from 9:00 am to 1:00 pm. Campers will bring their lunches Monday through Thursday and we will provide pizza and juice on Friday. Camps are \$165 for registered students, \$185 for non-registered. All fees are due at registration and are **non-refundable**. You may switch to a different camp for a \$10 switch fee.

| Camp Weeks | Camp Themes |
|------------|---|
| July 9 | Olympic Week  |
| July 23 |  Beach Week |
| August 6 | Olympic Week  |
| August 20 |  Explorer Week |

Gym Madness (6 years and up) This is a gymnastics-specific camp where students will hone their gymnastic skills. Activities include work on the vault, bars, beam, floor, trampoline as well as gymnastics drills and games. All camps run Monday through Friday from 9:00 am to 1:00 pm. Campers will bring their lunches Monday through Thursday and we will provide pizza and juice on Friday. Camps are \$165 for registered students, \$185 for non-registered. All fees are due at registration and are **non-refundable**. You may switch to a different camp for a \$10 switch fee.

| Camp Weeks | | |
|----------------------|-----------------------|-----------------------|
| June 11 - June 15 | June 18 - June 22 | July 9 - July 13 |
| July 16 - July 20 | July 23 - July 27 | July 30 - August 3 |
| August 6 - August 10 | August 13 - August 17 | August 20 - August 24 |

Tumbling Clinics/Back Handspring Clinics (6 yrs and up) These are great clinics for dancers, cheerleaders, martial arts students or for those who just want to refine their tumbling skills! In the **Tumbling Clinics**, students will participate in structured workouts as well as instructional open gym time. Focus will be on round offs, front/back handsprings, tucks, layouts and twisting. Students will have use of the tumble track, trampoline, air track and pit. All tumbling clinics run Tuesday through Friday from 9:00 am to 1:00 pm. All clinics are \$165 for registered students, \$185 for non-registered. All fees are due at registration and are **non-refundable**. You may switch to a different clinic for a \$10 switch fee. We are also offering **Back Handspring Clinics**. These clinics are 2 hours and are for tumblers who want to work just on back hand springs. All Back Handspring Clinics are on Mondays from 9:00 am to 11:00 am and are \$30/clinic.

| Back Handspring Clinics | Tumbling Clinics |
|-------------------------|--------------------|
| July 9 | July 2, 3, 5, 6 |
| July 16 | July 10 - 13 |
| July 23 | July 17 - 20 |
| July 30 | July 24 - July 27 |
| August 6 | July 31 - August 3 |

Advanced Gymnastics Clinic (8 years and up) This clinic is designed for the advanced athlete (high school, All Star, Developmental, Advanced Rec). Athletes will learn routine requirements on all events, have use of the pit for new skills, participate in flexibility and conditioning as well as instructional dance training. Instructional open-gym time will also be available. Athletes will be grouped by age/ability levels. The clinic is \$165 for registered students, \$185 for non-registered. All fees are due at registration and are **non-refundable**. The clinic weeks will be July 2 - 6, Monday, Tuesday, (closed Wednesday, July 4), Thursday and Friday; and August 7 - 10, Tuesday through Friday from 9:00 am - 1:00 pm. Athletes will bring their lunches Tuesday through Thursday and we will provide pizza and Juice on Friday. You may switch to a Tumbling Clinic for a \$10 switch fee.

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| July 2, 3, 5, 6 (closed July 4) August 7 - 10 |
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GENERAL INFORMATION

Methods of Registration:

- **Mail** – You may mail in your registration form at any time, BUT it will be processed on a first-come, first-serve basis. FULL PAYMENT must be included with your registration form. Complete and sign the registration form, enclose payment (VISA, MasterCard, or check made out to APEX Gymnastics) and mail to: APEX Gymnastics, 741 Miller Drive, Suite I-1, Leesburg, VA 20175. You will receive a confirmation phone call.
- **Phone** – Call APEX at 703.777.5344 to register for programs. FULL PAYMENT is required using either VISA, MasterCard or DISCOVER. A completed form must be turned in the first day of camp.
- **In person** – Stop by APEX at 741 Miller Drive, Suite I-1 in Leesburg (near the Leesburg Airport). You can complete your registration form and pay by VISA, MasterCard, DISCOVER, check made out to APEX Gymnastics, or cash. FULL PAYMENT is required at time of registration.

Cancellations:

APEX reserves the right to cancel a camp DUE TO INSUFFICIENT ENROLLMENT. Every effort is made to hold all scheduled camps. Please REGISTER EARLY!

Lunches:

Absolutely **NO PEANUT PRODUCTS** are permitted in lunches.

Refunds:

All fees are **NON-REFUNDABLE**. You may switch to another program for a \$10 switch fee.