

Summer Camp 2011

Adagio Recreational Camp (with Introduction to Rhythmics)

Mon-Fri, August 1-5, 2011, Mon-Fri August 8-12, 2011

- Girls 4-12 years of age, cared for in a safe and nurturing environment
- Introductory rhythmic gymnastics with ribbons, hoops, ropes and balls
- Cross Training/Conditioning/Rhythmic Skills Introduction/Fun & Games!
- 1:00pm to 4:00 pm, daily Monday through Friday
- Location Hellenic Community Centre, 4500 Arbutus Street, Vancouver
- Weekly rate for one-two weeks \$168.00 (including HST) per week

Adagio & Academy Competitive Rhythmic Gymnastics Summer Camp

Sun-Thurs July 24-28, 2011, Mon-Fri August 1-5, 2011, Mon-Fri August 8-12, 2011

- Open to all Competitive Team members & international competitive level guests
- Advanced Body & Apparatus Skill Development with Adagio & Academy Coaches for each level
- Development of choreographic sequences for Artistry and D1 and D2 Difficulties specific to Code
- Cross Training for Flexibility, Strength and Conditioning
- Sunday, July 24 (first day only) 1:00 pm to 6:00 pm
- 11 am to 4:00pm daily Monday through Friday
- Location Hellenic Community Centre, 4500 Arbutus Street, Vancouver
- Led by Canadian National Team Coach – Megan Arnold Magid
- Weekly rate for one- three weeks \$280. 00 (including HST) per week. Partial weeks may be pro-rated

What to Bring to Camp?

- Recreational Gymnasts – bring a water bottle & light snack and wear leotard or shorts & tank top
- Competitive Gymnasts – bring a water bottle & light lunch, wear training uniform, and bring all equipment, toe slippers, running shoes, 1 pound ankle weights, resistance bands and 3 tennis balls
- All Gymnasts - bring running shoes, socks, shorts, and towel, bring notebook and writing utensils
- All Gymnasts - wear hair in pony tail (or bun) with tight elastic & hair clips.



Summer Camp 2011 Registration

Student Name
Date of Birth
Age
School Attending
Home Phone
Cell Phone
Address
Preferred Contact E-mail
(Print clearly)

City and Postal Code
Care Card Number
Emergency Phone Number
Mother's Name
Mother's Phone
Father's Name
Father's Phone
Doctor's Name and Phone
(In case of emergency)

CAMP NAME	CAMP WEEK(S)	CAMP TIME(S)	PRICE

Previous experience if any (Rec. Gymnasts only):

Any allergies or medical concerns:

REGISTRATION PROCEDURE:

Complete Registration Form and mail together with payment to mail or e-mail address below:

Adagio Rhythmic Academy
5887 Olympic Street
Vancouver, BC
V6N 1Z4

604.261.2752

- Payment can be made by cheque (post-dated for July 1, 2011) payable to "Adagio Rhythmic Academy"
- Credit Card Payment can be made for amounts over \$280.00, please fill out below credit card information.

CARD TYPE

Visa MasterCard

CARD HOLDER NAME

Type

CREDIT CARD NUMBER

Type

EXPIRATION DATE

Type

Type

AUTHORIZING SIGNATURE

OFFICE USE ONLY

\$Type CA CH VI MA

INITIALS: Type DATE IN: Type

ELEC: Type REG CONF: Type