

Airborne Gymnastics & Dance Summer Camps 2020 Information Sheet



Gymnastics & Dance

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General Camp Information:

- Summer camps begin Monday, June 1st, and run through Friday, August 13th.
- Longmont camps run Monday - Friday **8:30 AM** to 4:30 PM.
- Our Frederick location has camps Tuesdays and Thursdays.
- Gymnastics and Ninja Camps will run mornings from 8:30-Noon.
- Advanced Gymnastics Camp will run Mondays and Wednesdays from 1-4:30 in Longmont. Campers must be GymStar 2 or higher. Ages 6-16.
- Theme camps will run in the afternoons from 1:00-4:30.
- Prince & Princess Camps will run Mondays and Wednesdays 9:45-12:15 in Longmont and Tuesdays 9:45-12:15 in Frederick. Campers ages 3-6. Children ages 4 and older may add on an afternoon camp for a full day. Don't forget to pack a lunch!
- You can choose your days you want your child to attend. As few as one day or as many as all five days.

We offer an all-day option! If your child is staying the whole day with us, please pack a lunch for them.

We provide a morning and afternoon snack for all campers. If your child has any special dietary needs, you are welcome to provide their snack.

Frequently Asked Questions

What do kids do in Gymnastics and Ninja Camp?

Each morning, 8:30-Noon, we offer Gymnastics and Ninja camps. Three and a half hours of physical activity is a lot, so we do incorporate quiet games, crafts, and group activities into the time. However, these camps are skill-based, so we do plan for kids to learn new skills and progress through the summer. Advanced level gymnasts should plan to attend our afternoon Advanced Gymnastics Camps.

What is "Themed Camp?"

The afternoon portion of camp, from 1:00-4:30, is our "themed camp." Our campers will be fully engrossed in the weekly theme, with daily variations to keep kids excited and engaged! Instead of a physical focus - like completing Ninja circuits or learning a cartwheel - theme campers will have a creative and play-based experience during their different rotations around the gym. They may follow clues left by a "villain" that leads them to bouncing time on trampolines during Super Hero Week, or creep around the balance beams trying not to be seen by the Basilisk during Harry Potter Camp. There's no sitting still and waiting around - this is a high energy camp! In addition to rotations around the gym, there will be group games, activities outside (weather permitting), and a craft. Please read through the weekly descriptions for details about themed activities.

FAQ's, Continued

Does my child need to enjoy gymnastics to love camp?

Our themed camps are play-based instead of skill based, so even kids who have never been in the gym can fully participate! Groups are divided by age and kids are encouraged to try new things at their own physical pace. Our Gymnastics and Ninja camps are based on physical movement. We hope every child will build a love for activity at a young age! However, we try to ensure that campers are comfortable with the skills they are learning. Our coaches know how to individualize skills at each station so that students are comfortable with what they are learning, and still feel challenged if that's what they want.

What should my child wear?

Athletic attire - comfortable shorts and a t-shirt or tank top (no spaghetti straps or exposed midriiffs please.) Bring shoes and socks for outside games (morning dew sometimes requires shoes although the grass is soft and organically treated). Girls may wear a leotard if they want to, but a tucked-in shirt or long sport top is appropriate for boys and girls.

I have a timid child- will he be required to try things like flips or rock climbing?

Campers will never have to do any physical activity they don't want to do. At Airborne, we are firm believers in empowering children to make choices and be the "boss of their body." Overcoming obstacles, like fear, is a great way for kids to gain self-esteem, and students will be encouraged to try new things (with safety as the number 1 priority). If a camper is still not interested in trying a station, they can attempt something more comfortable or just walk around the station. If they don't desire to climb the rock wall, or want to skip an entire area, they will stay with their group (for safety and organizational purposes) but just watch or color instead of participate.

Are the camp daily schedules set in stone?

No, they are not. All schedules are subject to change without notice. For example, if we can't get the materials for a craft or a subcontractor cancels at the last minute, the schedule will have to change.

Do you have Dance Camps?

Yes, we do! We have two full weeks of camp for ages 6+: So You Think You Can Dance Camp geared toward beginning through intermediate level dancers, and a week of Put on a Show Camp, geared toward dancers and singers of all levels.

Camp Cancellation Policy: *A full refund is available until June 1st. After June 1st, you must let us know a full week (seven days) before the camp begins. If you give us a week's notice, we will give you a full refund as an account credit, to be used for any future Airborne expenses. If you cancel six or fewer days before the camp begins, you may reschedule in another camp on a space-available basis, but there are no refunds or credits.*



*Thank you for enrolling in
Airborne Summer Camps!*