



IGI Summer 2016 Gymnastics Boot Camps:

Gymnastics Only! These classes last one week and are gymnastics-focused days. We have classes for beginner, intermediate, and advanced gymnasts.

IGI Summer 2016 Gymnastics Day Camps:

The one-week camps last half a day and are primarily gymnastics. However, we add fun, non-gymnastics activities, including a trip to the Ty Warner Park or Spray Park!



Week	IGI's Week-Long Summer 2016 Gymnastics Camps (Monday-Friday)		
Summer Kick-Off Boot Camp! June 20-24	9 am – 11 am Beginner	11:30 am – 2 pm Intermediate	2:30 pm – 5:30 pm Advanced
Camp: June 27-July 1	Morning Session: 9 am – 1 pm Advanced	Afternoon Session: 2 pm – 5 pm Beginner	
Camp: July 5-8*	Morning Session: 9 am – 12 pm Beginner	Afternoon Session: 1 pm – 4 pm Intermediate	
Camp: July 11-15	Morning Session: 9 am – 12 pm Intermediate	Afternoon Session: 1 pm – 5 pm Advanced	
Mid-Summer Boot Camp! July 18-22	9 am – 11:30 pm Intermediate	12 pm – 3 pm Advanced	3:30 pm – 5:30 pm Beginner
Camp: July 25-29	Morning Session: 9 am – 12 pm Beginner	Afternoon Session: 1 pm – 5 pm Advanced	
Camp: Aug 1-5	Morning Session: 9 am – 1 pm Advanced	Afternoon Session: 2 pm – 5 pm Intermediate	
Camp: Aug 8-12	Morning Session: 9 am – 12 pm Intermediate	Afternoon Session: 1 pm – 4 pm Beginner	
Summer Finale Boot Camp! Aug 15-19	9 am – 12 pm Advanced	12:30 pm – 2:30 pm Beginner	3 pm – 5:30 pm Intermediate

*No Class Monday, July 4, 2016

**Schedule Subject to Change!!!

IGI's LEVELS

Beginner

Open to all girls going into 1st – 8th grade. Gymnastics will cover the basics of all events:

- tumbling = rolls, handstands, cartwheels, bridges
- bars = pull-overs, swinging, casting, back hip circles
- beam = walking, jumping, turning, handstands

Intermediate

Open to all girls who are able to do the following: pull-over off a mat on bars, kick-over off a mat on floor, handstands on low beam. Gymnastics will build skills on all four events:

- tumbling = back walkovers, round-offs, front limbers
- bars = pull-overs, back hip circles, mill circles, leg cuts
- beam = jumps, turns, handstands
- vault = jumping to handstand

Advanced

Open to all girls who are able to do the following: pull-over and back hip circle on bars, back walkover on floor, handstands on medium beam. Gymnastics will build skills on all four events:

- tumbling = front walkovers, back handsprings, front handsprings
- bars = mill circles, leg cuts, front hip circles
- beam = jumps, turns, handstands, side handstand ¼ turn dismounts, cartwheels
- vault = jumping to straight-body handstand to a tree fall, blocking

IGI's CAMPS

Gymnastics Boot Camp Week: Gymnastics Only!

- Beginner -- 2 hours of gymnastics per day (\$190)
- Intermediate -- 2 hours of gymnastics per day (\$190)
- Advanced -- 3 hours of gymnastics per day (\$230)

Gymnastics Camp Week

-- Gymnastics Instruction:

- Beginner -- 1+ hours per day (\$225)
[\$200 the week of July 5-8]
- Intermediate -- 1.5+ hours per day (\$225)
[\$200 the week of July 5-8]
- Advanced -- 2+ hours per day (\$250)

-- Plus:

- 15 minutes to eat the snack you bring
- 15+ minutes of trampoline and pit
- 30+ minutes of camp fun!

PRE-REGISTRATION IS REQUIRED.

HOURS MAY BE REDUCED IF ONLY 2 PARTICIPANTS ENROLL.
CAMPS MAY BE CANCELLED IF ONLY 1 PERSON ENROLLS OR
NOBODY HAS PRE-REGISTERED.

ALSO: CHECK OUT OUR REGULAR CLASSES!

- Gymnastics classes for preschool boys and girls
- Gymnastics classes for girls 1st-8th grade
- Ninja Zone classes for boys!
- Tumbling classes for boys and girls 1st-12th grade



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