

# VACATION CARE CAMPS

401 South Ave, East, Westfield, NJ 07090 • GYM B

HALF DAY Ages 3-18 • Morning 8:30am-12pm • Afternoon 12:30pm-4pm • \$35.00 per day

FULL DAY Ages 4-18 • 8:30 am to 4:00pm • \$55.00 per day

Are you in need of child care when your child has off from school? Surgent's Elite offers half day and full day school year vacation care.

Activities Include:

• Gymnastics • Games • Crafts • Snack

Surgent's supplies snacks • Parents supply lunch [full day campers only] and drinks

Dates Offered:

• 09/10/18 • 09/11/18 • 09/19/18 • 10/08/18 • 11/08/18 • 11/09/18 • 11/23/18  
• 12/26/18 • 12/27/18 • 12/28/18 • 01/21/19 • 02/15/19 • 02/18/19 • 04/15/19  
• 04/16/19 • 04/17/19 • 04/18/19 • 04/19/19

School Year Session

# CAMPS & OPEN GYMS

Starting in September

## PRESCHOOL OPEN GYM

Saturday night's 5:00pm-7:00pm

369 South Ave, East, Westfield, NJ 07090

Ages 1 - 5 years old

\$5.00 for Surgent's members 5 years old & under and their siblings of any age

\$7.00 for non-member guests under age 5

All pre-school children between the ages of 1 and 5 years can now share the sport of gymnastics as a family during OPEN GYM. Create a memory together as your child shows off the newest skills they learned during class.

Activities Include:

• Obstacles • Tumbl Trak • Block Pit • Zip Line • Slide • Bars • Trapeze Swing

Supervision:

Children must be accompanied by a parent or guardian.

# FREESTYLE GYMNASTICS CLINICS

401 South Ave East, Westfield, NJ 07090 | GYM B Entrance No. 5 or 6

Half Day 9:00 am to 12:00 pm

Early drop off (8:30 am - 9:00 am) FREE

Ages 5 - 15 years old

\$50.00 per clinic

## ACTIVITIES INCLUDE:

- Warm Up • Instruction • Obstacles • Tumbling
- Vaulting • Trampoline • Open Freestyle Gym

Our gym has customized equipment inspired by the TV show **AMERICAN NINJA WARRIOR** including:

- Vaulting Blocks • Rock Wall • Mini-Warped Wall • Circuit Board • Floating Board
- Rings • Monkey Bars • Vertical and Horizontal Peg Board • Jig Saw • Rig Toss
- Floating Stairs • Traversing Ropes • Climbing Ropes • Mini-Trampolines
- Spring Boards • Foam Block Pit • Zip Line • Tumbling Floors

## School Year Session **CLINICS** Starting in September

# TUMBLING XPLOSION CLINICS

401 South Ave, East, Westfield, NJ 07090 • GYM B

Half Day Ages 5 to 18

9:00 am to 12:00 pm

\$40.00 per clinic • Registration and payment must be made in advance

Our clinic focus is to improve each athlete's tumbling basics and new skill development. Camp tumbling coaches are former NCAA, international and USA national team members. They bring the latest trends and teaching techniques to our camp.

## FORMAT:

- 15 minutes of stretching and strength • 5 skill development rotations for 25 minutes each rotation • 30 minutes of power tumbling • 10 minutes of strength

## DATES OFFERED:

- 10/08/18 • 11/08/18 • 11/09/18 • 11/23/18

Check with the office for future dates