

# CAMP SESSIONS

Please call to register - 603-838-6511

\$25 non-refundable deposit required to register for camps.

## Summer Camps

(ages 4 & up)

Full Day

Camps run 8:00am - 4:00pm

Evergreen Summer Camp offers a safe, friendly and fun atmosphere. Campers will participate in activities including obstacle courses, trampoline, gymnastics, tumble track and vaulting basics into our foam pit. Rock climbing is also included in our camps. Swimming will also be provided to campers in our 2 indoor pools. Campers will be able to take full advantage of all the amenities our sports center has to offer..

### Summer Camp

June 25 - 29

July 23 - 27

August 20-24

Summer Camp-\$225/week

1 day - \$55

2 days - \$105

3 days - \$150

4 days - \$195

5 days - \$225

10 % sibling discount

If participating less than 5 days in a camp week, those days must be scheduled in advance so that we may staff accordingly. Those days must also be within the same camp week.

## Pre-School Summer Camp

(3-5 years old)

Half Day

Camps run 9:00am - 12:00pm

Boys and Girls pre-school-kinder camp teaches the basic foundations of gymnastics and swimming. Evergreen camp offers a safe, friendly and fun atmosphere. Campers will participate in activities including crafts, trampoline, balance beam, uneven bars, tumble track and vaulting basics into our state of the art foam pit. Children will also be swimming with our staff and monitored by life guards. Our staff will guide your child in various activities which will help them develop gross and fine motor skills, coordination, strength, balance, and body awareness. .

### Pre-School Camp

(1/2 Day 9am-12pm)

June 25 - 29

Pre-School Camp-\$125/week

1 day - \$35

2 days - \$65

3 days - \$90

4 days - \$110

5 days - \$125

10 % sibling discount

If participating less than 5 days in a camp week, those days must be scheduled in advance so that we may staff accordingly. Those days must also be within the same camp week.

## SUMMER CAMPS & SUMMER GYMNASTICS CLASSES

# EVERGREEN Sports Center

## Evergreen Camps

### Include

2 Indoor Pools

Indoor Tennis Court

2 Outdoor Tennis Courts

Rock Climbing Gym

Gymnastics Facility

Outdoor Athletic Field

Squash Court

Crafts

Games



## Competitive Team Gymnastics Camp

MUST HAVE A COACH'S RECOMMENDATION  
TO ATTEND THIS CAMP.

August 13-17

\$250/wk

No team classes this week.

Gymnasts enrolled in this  
camp are committed for the  
2017-2018 season.

## Camp Activities

Swimming

Gymnastics

Rock Climbing

Soccer

Tennis

Outdoor Games

Obstacle Courses

Arts & Crafts

## What to Bring to Camp

Water Bottle, Sneakers,

Change of Clothes,

Bathing Suit,

Towel, Sun block, Lunch,

& Snacks. Wear light

comfortable clothes.

EVERGREENSPORTSCENTER.COM

## Summer 2018 Gymnastics Class Schedule

July 11th — August 23rd (Team Classes begin June 26th)

\$25 non-refundable deposit required to register for classes.

|  | Mon                  | Tues | Wed     | Thur | Fri |
|--|----------------------|------|---------|------|-----|
| Recreational Boys & Girls<br>5 & up (75 min) |                      |      | 5pm     |      |     |
| Tumble Bees (45min)                          |                      |      | 4:15pm  |      |     |
| Tumble Bears (60 min)                        |                      |      | 5pm     |      |     |
| Pre-Team/Rising Stars<br>(75 min)**          |                      |      |         | 4pm  |     |
| Boys Team (3 hours)**                        | 5pm                  |      | 5pm     |      | 5pm |
| Bronze Team (2 hours)**                      |                      | 4pm  |         | 4pm  |     |
| Team Silver & up (2-3 hrs)*                  | 4-6pm<br>Opt 3rd Day | 4pm  |         | 4pm  |     |
| Open Gym (90 min)                            |                      |      | 6:30pm  |      |     |
| Pre-School Open Gym (60 min)                 |                      |      | 9:30am  |      |     |
| Pre-School Open Swim(60 min)                 |                      |      | 10:30am |      |     |

\*These classes require a coach's recommendation.

### Summer 2018 Class Prices

(7 week session)

75 minute class \$140

60 minute class \$100

45 minute class \$70

New members pay a \$15 Registration Fee

Open Gym - \$10

Pre-School Open Gym - \$5

All Children must be accompanied by an adult

Pre-School Open Swim - \$5

## SUMMER CAMPS & SUMMER GYMNASTICS CLASSES

# EVERGREEN

## Sports Center

## SUMMER 2018

### CAMPS & CLASSES

### July 11 — August 23

Please Call To Register

(603) 838-6511

2572 Route 302

Lisbon, NH 03585

## Summer 2018 Gymnastics Class Descriptions

### Tumble Bees - Parent and Tot Program (18 mo - 3 1/2 years) - 45 min

This class works as an introduction to a class atmosphere with help from a parent. It allows for exploration of the students surroundings, while learning the concept of class structure. Our staff will guide you and your child in various activities which will help them develop gross and fine motor skills, coordination, strength, balance, and body awareness.

### Tumble Bears -Pre-School Program (3 1/2 to 6 years) - 1 hour

By encouraging children to move, explore and socialize at a critical period in their development, we can help promote a variety of physical and mental skills that will be valuable all their lives. A creative and positive teaching environment will foster a healthy self-image and boost their confidence.

### Girls and Boys Recreational Gymnastics (6 to 16 years) - 1.5 hours

Our developmental program provides specific technical instruction in a fun atmosphere, using the USA Gymnastics (USAG) Level System and our own innovative and progressive drills. The goal is to further master the basic and intermediate level skills, which build a strong gymnastics foundation and leads to more advanced levels.

### Junior Olympic Gymnastics Team (6 years & up) - 2-3 hours

Evergreen offers year-round competitive programs for levels 1-10. Team members must commit to a certain minimum number of hours per week based on their level. Evergreen has coached many USAG and H.S. champions. For schedules and information on our team program, please contact our office.



[Evergreengymnastics.com](http://Evergreengymnastics.com)