



adagio rhythmic  
**ACADEMY**

# Summer Camp 2010

## Adagio Recreational Camp (with Introduction to Rhythmics)

**2 Weeks Only, July 19<sup>th</sup>-July 30<sup>th</sup> 2010**

- *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!
- 9:00am to 12:00 noon, 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

**July 19<sup>th</sup> through August 13<sup>th</sup> 2010**

- *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
- 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. Adagio Rhythmic Academy Gymnasts registering for 4 weeks of camp will receive an incentive discount of \$200.00 off of the total cost.**

## Adagio Extended Childcare

**July 19<sup>th</sup> through August 13<sup>th</sup> 2010**

- *Girls 4-13 years of age, cared for in a safe and nurturing environment*
- Geared towards working parents who require the convenience of extended childcare
- Rhythmic Gymnastics Videos, Arts and Crafts, Fun and Games, Playground/Outdoor Activities
- 9:00am to 11:00 am, daily Monday through Friday
- Location Hellenic Community Centre, 4500 Arbutus Street, Vancouver
- **Weekly rate for one-four weeks \$84.00 (including HST) per week**
- Please note a minimum of 8 registrants per week is required in order to run this aspect of the camp

## 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 2010 Registration

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

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

CAMP NAME	CAMP WEEK(S)	CAMP TIME(S)	PRICE
type	type	type	type
type	type	type	type
type	type	type	type
Type	type	type	type
<b>Grand Total</b>			

Previous experience if any (Rec. Gymnasts only):

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Any allergies or medical concerns:

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### REGISTRATION PROCEDURE:

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

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

604.261.2752

- Payment can be made by cheque (post-dated for July 1, 2010) payable to "Adagio Rhythmic Academy"
- Credit Card Payment can be made for amounts over \$280.00, please fill out credit card information to your right.

### CARD TYPE

Visa  Mastercard

### CARD HOLDER NAME

Type

### CREDIT CARD NUMBER

Type

### EXPIRATION DATE

Type

Type

### AUTHORIZING SIGNATURE

### OFFICE USE ONLY

INITIALS: Type

DATE IN: Type

\$Type  CA  CH  VI  MA

ELEC: Type

REG CONF: Type