

twin city  
**TWISTERS**  
GYMNASSTICS

Twin City Twisters is an established gymnastics program that opened in 1987. TCT has produced 2 Team USA World Championship Team members, countless national team members, many earning full ride division 1 college scholarships and many individual and team state, regional and national titles. Our Brooklyn Park facility is full of challenging and exciting Ninja Warrior obstacles as well as a foam pit, trampolines and more!



**Grace McCallum ~ 2018 World Champion**

Our fun, enthusiastic, creative camp instructor has many years of experience. She has trained preschool through high school age students beginner through advanced levels

The camp will start at 8:00 AM each morning and end at 4:00 PM. boys and girls ages 6 to 15 years are welcome. there will be a maximum of 10 participants per day.

### Options Available

Summer day camp will only be offered select weeks throughout the summer. Registrations will be accepted for entire weeks, individual days & half days. Camp registration open for 2019 is open now. SIGN UP EARLY as space and availability are limited.

9001 123rd Ave. N  
Champlin, MN 55316  
Phone: 763-421-3046  
Fax: 763-421-1448  
www.twincitytwisters.com



# Summer Gymnastics Camp 2019



# Twin City Twisters Gymnastics

**No Gymnastics  
Experience Necessary**

# Summer Camp Coordinator

Jackie heads up our Brooklyn Park facility and is full of creative ideas that kids and parents can't get enough of. She has been running TCT's special events since 2018 and brings an awesome energy to each and every one.



## A Typical Day

8:00-9:00 AM	Drop off/open gym
9:00-10:00	Gymnastics instruction
10:00-10:15	Snack
10:15-11:00	Games/activities
11:00-11:30	Organized open gym
11:30-12:30	Pick up (1/2 day) or lunch
12:30-1:30	Drop off/open gym
1:00-1:30	Craft
1:30-2:30	Gymnastics instruction
2:30-3:00	Snack
3:00-4:00	Open gym/pick up

\* Schedule subject to modification

Half day campers can sign up for morning (8:00-11:30) or afternoon (12:30-4:00)

# The Camp

The gymnastics workout will include structured event times designed to promote specific skill development.

Open gym time gives gymnasts the opportunity to work on their own skill development on each event as needed. Fun activities will be incorporated into each day at camp.

Registration Deadline: Registrations will be accepted up to the Wednesday prior to the camp. (\$5.00 late fee will be applied if registering after the deadline.)



## More Than Just Gymnastics

Kids get to work on things such as coordination and balance. They will also have free time along with trampoline and pit fun! We will also do outside activities, play games and make crafts!

Gymnasts will need to bring their own lunch and beverage, but snack will be provided daily for each day camper.  
\* If you child has any food allergies or medical conditions, please note them on your registration form.

Full week: \$280.00 per week/child  
 Single day: \$60.00 per day/child  
 Half day: \$30.00 per 1/2 day/child  
 (Late registration, add \$5.00)  
 Payable by: Cash / Check / Credit card  
 Card Type: Visa / MasterCard / Discover  
 Name on card: \_\_\_\_\_  
 Card # \_\_\_\_\_  
 Exp. Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Billing zip code \_\_\_\_  
 (prices subject to change)

Gender: M F Birthday \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 City State Zip  
 Work phone (\_\_\_\_) \_\_\_\_-\_\_\_\_  
 phone # (\_\_\_\_) \_\_\_\_-\_\_\_\_  
 Insurance Company \_\_\_\_\_

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Home phone (\_\_\_\_) \_\_\_\_-\_\_\_\_  
 Parent(s) name \_\_\_\_\_  
 In case of emergency contact: \_\_\_\_\_  
 Insurance Company \_\_\_\_\_

Twin City Twisters 2019 Summer Camp  
 Please check the date you'd like to come  
 \_\_\_ June 17-21  
 \_\_\_ July 15-19  
 \_\_\_ Aug. 12-16

Parent Permission: (must be filled out and signed before first class) \_\_\_\_\_ has my permission to participate in a gymnastics class/field trip at Twin City Twisters Gymnastics. I am aware that there are risks involved and that serious injury, and even death may result with improper conduct of this activity. I have instructed my child to follow directions. I give permission to Twin City Twisters Gymnastics and/or an appropriate medical facility to make whatever emergency (e.g. first aid, disaster evacuation) measures as judged necessary for the care and protection of my child while under the supervision of Twin City Twisters Gymnastics. In case of a medical emergency, I understand that my child will be transported to an appropriate medical facility by the local emergency unit for treatment if the local emergency resource (Police, Rescue Squad) deems it necessary, the child will be transported at my expense. It is understood that in some medical situations, the staff will need to contact the local emergency resource before the parent, child's physician, and/or other adult acting on a parent's behalf. I fully disclaim, waive, and discharge Twin City Twisters Gymnastics, their instructors, and directors from all claims with regard to any personal injury that may be incurred by my child during this class. My child is in good physical health, and there are no medical conditions which would limit his/her participation in class.

Parent/Guardian signature \_\_\_\_\_ Date \_\_\_\_\_  
 Mail or drop off at: Twin City twisters, 9001 - 123rd Ave. N., Champlin, MN 55316, Ph. 763-421-3046 fax: 763-421-1448