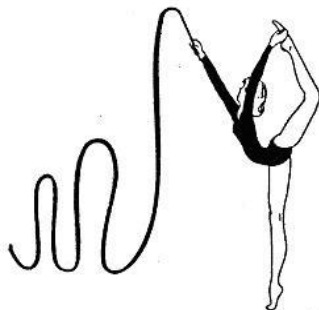


# American Academy

A nonprofit corporation and SAN RAMON COMMUNITY CENTER present  
**RHYTHMIC GYMNASTICS SUMMER CAMPS**



We have four summer camps from beginner to advance gymnasts and have regular year-long classes for kids 4 and up years old. Registration is open now.

## **RHYTHMIC GYMNASTICS BEGINNER CAMPS:**

Girls 6 through 13 are welcome to participate in rhythmic gymnastics camp that includes:

~stretching techniques, yoga and games for coordination;

~classes on tumbling, ballet, creative dance and nutritional seminar;

~work on routines with ribbons, jump rope, hoop and ball;

~body sculpting, muscle toning and partner workouts;

We will have an Olympic day and a show for the parents.

**Date:** June 22 – 26 (act. # 93983) and August 3 - 7, 1 p.m. – 4p.m.; act. # 93984

**Cost:** \$180 payable to the **City of San Ramon** (San Ramon residents).

## **INTERMEDIATE and ADVANCE GYMNASTICS CAMPS:**

At this camp gymnasts will be introduced to new elements and will have a chance to dramatically improve their flexibility and muscle tone. Gymnasts will also improve their logical and analytical thinking, teamwork skills, self-confidence and sportsmanship. Pilates, yoga, intensive classical ballet and modern dance movement will also be part of their training. We will have a mini Olympic Trails and culminate in a performance for the parents.

**Date:** August 17 - 21, 2015 from 12:30 to 3:45 p.m., Friday till 5 p.m.

**Cost:** \$199 (San Ramon residents) for **level 3**, activity # 93985.

**Level 4 and up:** 12:30 to 5 p.m. Cost: \$249 for San Ramon residents, activity # 93986.

Signups for all camps through the City of San Ramon: **www.SanRamonRecGuide**.

**Basic Boot Camp** for boys and girls ages 5-12 offers fun games and movement exercises focusing on coordination, balance and different muscles groups, working on endurance. Teamwork is encouraged. This class is an introduction to a lifelong fitness program and gives a solid foundation to any sport.

**Date:** July 20 -24, 1 to 3:30 p.m.; activity # 95663. \$169 (San Ramon residents).

**Location all camps:** Dougherty Community Center, 17011 Bollinger Canyon Rd.

For information contact **American Academy t. (925) 828-6177**, e-mail: **arclub@yahoo.com**.

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