

American Academy

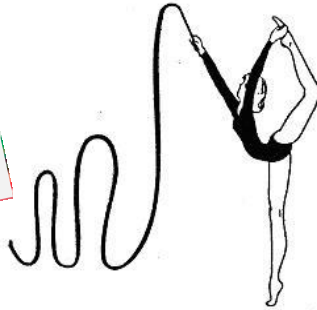
of Rhythmic Gymnastics

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www.arclub.net

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501c non-profit corporation



We have summer camps from beginner to advance gymnasts, where we will celebrate Olympic Games. We also 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 19 – 23 (act. # 103184) and July 17-21, 1 p.m. – 4 p.m.; act. # 103091

Cost: \$199 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 7 - 11, 2017 from 1 to 4 p.m.

Cost: \$199 (San Ramon residents) for levels 3-5, activity # 103092.

Basic Fun Boot Camp for boys and girls ages 6-13 offers fun games and movement exercises focusing on coordination, balance and different muscle 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: June 26 – 30, 1 to 4 p.m.; activity # 103185. Fee is \$199 (San Ramon residents).

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

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

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