



Ninja Warrior Camp July 24-27

Each camper will participate in activities designed to introduce them to the following :

*Cardiovascular Exercise,
Stretching & Flexibility*

*Basic Skills on Various
Gymnastic Equipment
including Tumbling*

Strength & Conditioning

*Safety & Basic to Advanced
Jumps on the Trampoline*

Rings, Ropes & Wall Climbs

Pre-School Gym Camp

Aug. 7-10

Ages 2 1/2 to 5

Each camper will participate in activities designed to introduce them to the following :

*Cardiovascular Exercise, Stretching
& Flexibility*

*Basic Skills on all Gymnastic Equip-
ment including Tumbling*

Strength & Conditioning

*Safety & Basic Jumps on the Tram-
poline*

Games, Contests & Crafts

Listening Skills & completing tasks

Gross motor skill development

*Social skills & participating in Group
Activities*

Lake Murray Gymnastics

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Lake Murray Gymnastics Summer Camps 2017



9 am-12 Noon Monday-Thursday.
Early drop off & late pickup available.
Includes 3 hours free on Fridays.

FOR CHILDREN AGED 4+ YEARS

\$80 per child / \$64 sibling

Participants will be split into groups
based upon age and skill level.

A snack will be provided each day.

All participants will receive an
LMG Camp T-shirt!

Awards presentation and show for the
parents each Thursday at 11:30 am!



Cheer Camp June 12-15

Each participant will be taught proper technique on the following :

Tumbling Skills

Stunting Skills

Cheers, Jumps & Dance

Staff Includes:

ICA Vikings All-Star Cheer Coaching Staff

USAG Trained & Certified Coaches

Former & Current High School & Collegiate Cheerleaders



Team USA Gym Camp June 26-29

Each camper will participate in activities designed to introduce them to the following :

Cardiovascular Exercise, Stretching & Flexibility

Basic Skills on all Gymnastic Equipment including Tumbling

Strength & Conditioning

Safety & Basic to Advanced Jumps on the Trampoline

Games, Contests & Crafts



Acro Camp (Dance Tumbling) July 10-13

Each camper will participate in activities designed to introduce them to the following :

Cardiovascular Exercise, Stretching & Flexibility

Basic Skills on all Gymnastic Equipment including Tumbling (Pre-School)

Basic to Advanced Tumbling & Springboard Skills (Acro Dance Campers)

Strength & Conditioning

Safety & Basic to Advanced Jumps on the Trampoline

Games, Contests & Crafts