



DOUGLAS GYMNASTICS CLUB

# Easter and Summer Camps



## Camp Activities 2016

- Floor – Roll, tumble, turn, twist, on soft and bouncy mats
- Bars – Hang, swing, pull, on the high bar, and the asymmetric bars
- Vault – Running and jumping! This one is all about speed & power!
- Trampoline & Trampoline – Jumping and turning!
- Beam – for the girls - Challenge your balance and co-ordination skills on the beam
- Parallel Bars, Pommel and Rings – for the boys, great for building upper body strength and co-ordination, as well as spatial awareness.
- Foam Pit – Jump and dive into our new Foam Pit - great fun!!

# Easter and Summer Camps

## Application Form

Child's Name: .....

Address: .....

.....

Date of Birth: .....

Email: .....

Contact No: .....

Home: .....

Mobile: .....

Medical Details/Allergies .....

.....

Photography Permission Y  N

### Please Tick Camp Date:

#### Easter

Mon 21st March – Wed 23rd March

#### Summer

Mon 4th July – Wed 6th July

Mon 11th July – Wed 13th July

Mon 18th July – Wed 20th July

Mon 8th Aug – Wed 10th Aug

Mon 15th Aug – Wed 17th Aug

Time:  
10am -12.30pm  
each day

Please return with full payment of €50

**We accept credit/debit cards.**

Card Type:

Card Holder Name:

Card Number:

Expiry date: (MM/YYYY):

CVV number:



Douglas Gymnastics Club,  
Unit 18 Southside Ind. Est.,  
Pouladuff, Cork.

**Tel: (087) 919 8095**

**email:** [members@douglasgym.com](mailto:members@douglasgym.com)

**Website:** [www.douglasgym.com](http://www.douglasgym.com)

Spaces are limited.  
Camps are suitable for those born in 2011  
(turn 5 this year) or older. Participants will  
be grouped according to their age.

Each child should bring a small packed  
lunch and wear suitable clothing for  
gymnastics. (No jeans or loose clothing).



Keep up to date with us ..

**@douglasgymnastics**