

IGM GYMNASTICS 2013 SUMMER TRAINING CAMP



IGM
Gymnastics

BOYS & GIRLS

LEVELS 1-10

JULY 15TH - 19TH, 2013 • 8:30AM-5:00PM • COST \$300

- Small gymnast/instructor ratios
- Quality staff providing for great work ethics
- Training on Women's and Men's Olympic Apparatus
- Tumbling and Trampoline Instruction
- Learn the latest gymnastics skills
- Basic and Optional Workouts
- Speaker and Demonstrations
- Strength and Flexibility stations
- Open Gym workouts
- Recreational activities – swimming, skits, etc.
- Special Awards
- Guest Coaches from other states
- IGM Certificates for all gymnasts
- Free T-Shirts

CONTACT CAMP DIRECTOR LAWRENCE 'LB' BELK AT LAWLB251@MSN.COM