

ENA Summer Programs

July 6 - August 28, 2009

CLASSES

These classes are the same as our gymnastics classes held throughout the year. If choosing the "6 Week Option", you must indicate which six weeks at the time of registration.

- **Preschool classes** are 50 minutes in length. The children begin with a warm-up activity with the other Preschool classes in the gym. Following that, they go with the teacher for their age group and do a circuit around the gym floor. Children who are 18 months up to age 3 will be placed in a Mom/Tot class.
- **General classes** are 90 minutes in length. A 15 minute warm-up is followed by 60 minutes of gymnastics. The class ends with 15 minutes of strength and conditioning. Children in General Classes will be grouped by age 5-6, 6-8 and 9-11.

Day	Time	Type	Ages	Cost for Summer 8/6 Week Session
Monday	9:30 am—10:20 am 10:30 am—11:20 am 11:30 am—12:20 pm	Preschool—Boys&Girls Preschool—Boys&Girls Preschool—Boys&Girls	18 months—6 years* 18 months—6 years* 3 years—6 years	\$136/\$114 \$136/\$114 \$136/\$114
Tuesday	3:45 pm—5:15 pm 3:45 pm—5:15 pm 3:45 pm—5:15 pm 5 pm—5:50 pm 5 pm—6:30 pm 5 pm—7:45 pm 6 pm—6:50 pm	General—girls General—boys Invitation—girls Preschool—boys & girls General—girls Young Jr. Elite/Jr. Elite Preschool—boys & girls	5 years—8 years 5 years—8 years 5 years—7 years 3 years—6 years 6 years—11 years Invitation Only Mom/Tot & 3—6 years	\$144/\$120 \$144/\$120 \$144/\$120 \$136/\$114 \$144/\$120 \$268/\$222 \$136/\$114
Wednesday	No Classes			
Thursday	3:45 pm—5:15 pm 3:45 pm—5:15 pm 3:45 pm—5:15 pm 5 pm—6:30 pm 5 pm—7:45 pm	General—girls Invitation—girls General—boys General—girls 12+ Jr. Elite/Elite	5—8 years 8 years—10 years 5 years—8 years 6—11 years Invitation Only	\$144/\$120 \$144/\$120 \$144/\$120 \$144/\$120 \$268/\$222
Friday (closed Saturday & Sunday)	No Classes			

CAMPS

ENA offers two different camps...

- **Arts & Crafts Gymnastics Camp** — For boys and girls ages 3—6, this is our most flexible camp option. The camp is run Tuesday through Friday from 9 am to 1 pm and offers the option of signing up for anywhere from one to four days each week. A special theme is featured each week. Campers start their day with a gymnastics class followed by a theme related craft and other fun activities in the gym. They bring their own lunch and have lunch with their group.
- **All Gymnastics Camp** — This camp is for girls age 6 and above who love gymnastics. The camp is Tuesday through Friday from 9 am to 1 pm and sign up is by the week. There is a discount for multiple week registrations. This camp is structured like our general classes with a warm-up followed by work on the various apparatuses and finishing with strength and conditioning. Each week the group will also do extra work on a specific area of the gym. Parents are invited to watch a short demonstration of what has been learned each Friday.

Camp	Days & Times	Ages	Cost
Arts & Crafts/Gym Camp (1,2,3 or 4 days-a-week camp — you decide what fits your needs each week)	Tuesday—Friday 9 am—1 pm Pick and choose your days each week	Boys and Girls Age 3—6	\$30 Per Day OR \$100 a week (if you sign up for 4 days in the same week)
All Gymnastics Camp (4 days-a-week camp— you just pick the weeks you want)	Tuesday—Friday 9 am—1 pm You must sign up for the entire 4 days	Girls Only Age 6 and above	\$170 for just 1 week \$160 per week (2-4 weeks) \$150 per week (5-8 weeks)

There is a \$20 registration fee for all new students. This covers all classes and camps through August 2009
Full payment is due upon registration.
Registration begins March 16.

5/12/2009