

Join In The Fun This Summer!!!

BSGA Mission

“Begin with Pride and Fundamentals; Develop Dedication, Discipline, and Skills; Finish with the Total Gymnast.”

Dear Parents,

Our certified staff takes pride in teaching gymnasts of all ages and ability levels life-long skills through the instruction of gymnastics in a fun and safe environment. We at BSGA promise to create an atmosphere where your child can develop a strong body, a healthy self-image and a love of fitness that will last a lifetime.

BSGA is an officially licensed camp. * With that, we are required by the Board of Health to have an Emergency Information & Medical Consent Form, an Immunization Form, and an Authorization to Administer Medication Form (*if applicable*) on file for each camper. ** These forms are included with this letter and are required for signup.

Thank You!

BSGA

*This camp must comply with regulations of the Massachusetts Department of Public Health and be licensed by the local board of health.

**Copies of background checks, health care and discipline policies, and grievance procedures are available upon request



Gymnastics Summer Camp 2019

For Summer 2019, the fun will begin Tuesday, July 9th!

Whatever your camper's interest, we have the camp for YOU...

Choose from Preschool Gymnastics, School-age Gymnastics, Competition Team Camp, Beginner Level Performers Camp, Flips Tricks & Trampoline Camp, and Boys Gymnastics Camp!

The camp day will include event rotations designed specifically for the type of camp you choose. In addition to the events, children will enjoy team-building games, group competitions, art, and open gym. Send your camper in a leotard or athletic clothing along with a drink, snack, and a lunch!

Camp Schedule: Tuesday, Wednesday, Thursday (*all 3 days are required*)

School Age (Ages 5&up) Day Schedule: 9am-4pm Drop off 8:45-9am

Preschool Age Schedule: 8:45am-12pm, Drop off 8:30-8:45am

School Age Price: * \$199.00 Preschool Camp: * \$115.00

Siblings receive 10% discount



PRESCHOOL GYMNASTICS CAMP

Ages 3 & 4 years

It is never too early to join in on the BSGA Summer Camp fun! Preschool Gymnastics camp is the perfect opportunity to introduce your toddler into the world of gymnastics, with emphasis on motor & social skills such as playing, jumping, swinging, and exploring! Let your little one experience the joy of movement with us this summer!

**TUES, WED, THURS 8:45-12
*DROP OFF 8:30-8:45AM**

Schedule of Camp Weeks:

July 9 -11
July 16 - 18
July 23 - 25
July 30 - Aug 1
Aug 6 - 8
Aug 13 - 15

SCHOOLAGE GYMNASTICS CAMP

AGES 5 & UP

If you LOVE gymnastics, this is the perfect camp for you!
Spend quality time on events in the both the morning and afternoon. Games, competitions, art and open gym too!

**TUES, WED, THURS 9-4
*DROP OFF 8:45-9AM
EARLY DROP OFF AVAILABLE
8:30-8:45AM - \$3 PER DAY
Schedule of Camp Weeks:**

July 9 -11
July 16 - 18
July 23 - 25
July 30 - Aug 1
Aug 6 - 8
Aug 13 - 15
Aug 20 - 22

BOYS GYMNASTICS CAMP

This camp is the perfect mix of high-energy, gymnastics, and fun for your boy! Boys Gymnastics Camp incorporates fitness, agility training, games, and gymnastics all into one fast paced Summer Camp any boy would love!

July 9 - 11
Aug 6 - 8

PRE-TEAM CAMP

Available to our Beginner I levels & Higher! This camp is a great introduction to a competitive gymnastics programs!

July 23 - 25
Aug 20 - 22

POWER TEAM GYM CAMP

Interested in joining the BSGA Team? This camp will prepare you! Focusing on Rookies Routine combinations/skills, Tumbling, Vault, Mini-Tramp, and Choreographed Dance. (*Depending on your campers Competition preference*)

**Must be Middler Level or Higher*

July 23 - 25
Aug 20 - 22

FLIPS, TRICKS, & TRAMPOLINE GYMNASTICS CAMP

Interested in flips, tricks & trampoline? This is the camp for you! During this camp athletes will learn and upgrade their skills on floor and trampolines using fun stations and skill progressions. In-ground trampoline, Mini tramps, tumble trak in and spring floor will be utilized in this camp's curriculum.

July 30 -Aug 1

A Day at Preschool Summer Camp

8:30 – 8:45am Check In/Active Game

This is a time where the staff and campers get to know each other, talk about the day ahead and play a fun game while everyone is arriving to camp

8:45 – 9:00am Stretching & Warm-up dance

A chance for students to warm up their bodies and prepare for their activities ahead.

9:00 – 9:20am Gymnastics Rotation 1

Each gymnastics rotation will consist of one of the main gymnastics events: Floor, Beam, Bars, and Vault.

9:20 – 9:40am Active Game

Each day, campers will have the opportunity to participate in several group game activities. We make them age appropriate and fun, themed for the week.

9:40 – 10:00am Craft & Creative Time

Campers will have the opportunity to decompress and reflect on mindfulness while having the opportunity to be creative.

10:00 – 10:20 = Snack

10:20 – 10:40am Group Game

10:40 – 11:00am Trampoline Time

A time for campers to work on important body positioning and cardio activities.

11:00 – 11:20am Gymnastics Rotation 2

This will be the second rotation for gymnastics for the morning

11:20 – 11:40am Parachute Game

Preschool campers are able to work cooperatively while also learning active listening skills during parachute activities.

12:00 = Dismissal of ½ day campers

Gymnastics Summer Camp At A Glance

Take a brief look at what a Full Camp Day consists of here at BSGA:

8:45-9:15 = Ice Breaker Game

This is a time where the staff and campers get to know each other, talk about the day ahead and play a fun game while everyone is arriving to camp

9:15-10:00 = Dance & Stretch

Each week, the children will learn a dance that will go along with the theme of the week. They will practice the dance each day and perform it on the Thursday of the camp week for parents and friends to watch.

10:00-10:30 = Gymnastics Rotation 1

Each gymnastics rotation will consist of one of the main gymnastics events: Floor, Beam, Bars, and Vault. The boy's rotations are Floor, Rings, Bars, Pommel Horse and Vault.

10:30-10:45 = SNACK

Children will go upstairs to eat a snack during this time.

10:45-11:00 = GAME

Each day, campers will have the opportunity to participate in several group game activities. We make them age appropriate and fun, themed for the week.

11:00-11:30 = Unique Event

Here at Bay State, we have the facility to allow for lots of fun activities that aren't JUST gymnastics! We let the children play on the trampolines, mini tramp, and swing from the rope.

11:30-12:00 = Gymnastics Rotation 2

This will be the second rotation for gymnastics for the morning.

12:00 = Dismissal of ½ day campers

12:00-12:30 = Lunch

Full Day Campers will take a break at this point in the day to eat their lunch and socialize with their new friends.

1:00-1:30 = Open workout

Once a day during camp, we allow the children to play in the gym without instruction. We have a teacher at each event and let the children go where they choose. It may be that they want to get their back handspring, or it may be that they just want to play on the trampoline. The choice is up to them and they love it!

1:30-2:00 = Gymnastics Rotation 3

This will be the first gymnastics event for the afternoon rotation. Those who went on bars and vault will now be on floor and beam. By rotating in this way, it allows for all of the campers to see all of the events in the day.

2:00-2:20 = Dance & Team Game

We give the campers another opportunity here to practice their 'show' that they will be performing at the end of the week. We also take this time to play another fun game with the kids. The game times and extra activity times are always a good break in the day for the kids to just run around and be kids!!

2:20-3:00 = Gymnastics Rotation 4

This is the last gymnastics rotation of the day.

3:00-3:45 Closing Game

3:45-4:00 Dismissal Preparation 4pm Dismissal

Our staff members will ensure that your child goes home with the proper authorized pick up person. There will be a sign out sheet as well as a staff member checking children as they leave for the day.

BSGA SUMMER CAMP POLICIES

GYM SAFETY & RULES

- Unsupervised children are not allowed in the gym, court, or on the equipment at any time. Parents are not permitted to be on the equipment at any time.
- Parents, **DO NOT** drop off your child(ren) before the start of their class and leave them here unattended.
- **For the safety of your child(ren)**, please escort him/her into the building for drop off and come inside the building for pickup at the end of class. No child will be allowed to wait outside.
- Please let us know who will be picking up your child from camp if it is someone other than a parent.

BSGA SUMMER CAMP MINOR ILLNESS POLICY

Please do not send your child to BSGA Summer Camp if he or she displays any of the following symptoms/conditions. If any of the below mentioned are apparent throughout the camp day, we will have to send your child home:

- Temperature of 100 degrees or more
- Conjunctivitis or Pink Eye. The eye is red and itchy with yellow drainage.
- Contagious diseases including Measles, Chicken Pox, Mumps, Roseola, Hand-Foot-and –Mouth, and Fifth Disease. Parents will notify the Day Camp Director if their child contracts a communicable disease as soon as diagnosed. When a serious communicable disease occurs, the Director will notify the parents of the guidelines by which the child will be re-admitted to the facility.
- Severe cold symptoms, excessive drainage and/or coughing.
- Rashes that cannot be identified and have not been diagnosed by a physician.
- Throat infections: child may return to care after 24 hours on an antibiotic.
- Excessive vomiting and/or diarrhea.
- Impetigo or ringworm until treated for 24 hours.
- Pain reported in the stomach or head.

WHAT TO PACK

- **Pre-school:** Pack comfortable clothes, snacks & drinks. **School Age:** Pack comfortable clothes, lunch & drinks.
- **Drop Off & Pick Up:** School age drop off is 8:45am-9:00am and pickup is 4pm. Pre-school drop off is 8:30-8:45am and pickup is 12pm. No late pick up available.
- Early drop-off begins at 8:30. Advanced signup required.
- All allergies should be brought to our attention at the time of signup. Any necessary medications for allergic reactions such as an epi-pen or inhaler should be labeled with the child's name on it and should be given to the Front Desk no later than the child's first day of camp.

PAYMENT INFORMATION

- **Full payment is due at the time of sign-up. *Families enrolling in multiple camp weeks are required to pay a deposit of half of the full amount at sign-up. The remaining balance must be paid in full by June 29th. Deposits are non-refundable but are transferable to another week of camp if there is availability.**
- **Refunds/Credits – all refunds are given in the form of account credits. Credits are only given with advanced notice of two-weeks prior to the start of camp. Refunds are given to students with a valid Doctor's note excusing the child's absence from camp.**

CHILD #1: _____ CHILD #2: _____

CAMP/CLASS: _____ CAMP/CLASS: _____

PARENT/GUARDIAN SIGNATURE: _____ DATE: ____/____/____



When learning and growing, always fun.

In the case where a known contagious illness is a concern for our area towns/cities, the following procedures should be followed. **Examples include:** MRSA, H1N1 (Swine) Flu

As a precautionary measure for H1N1 (Swine) Flu or MRSA, Germ X* Disinfectant should be sprayed on all surfaces in the gym by the gym manager every other day. All students will be encouraged to use hand sanitizer from the dispensers both before and after every class. Staff members will be required to regularly wash or sanitize their hands both before and after every class that they instruct. **(This precautionary measure should be taken when an outbreak occurs in our area towns/cities) *Germ Control is a colorless and odorless antimicrobial disinfectant. Germ Control kills MRSA and VRE and is a disinfectant, fungicide and virucide. It is recommended for use in schools, day cares, athletic facilities, etc...**

Procedure to follow when a confirmed case of the above mentioned or other infectious/contagious illness is reported at Bay State Gymnastics Academy.

If a student or a staff member of BSGA contracts a serious contagious illness:

- Bay State Gymnastics Academy would be closed for all classes and activities until the threat of contagion no longer exists.
- A cleaning would be performed by a post-disaster professional cleaning company (The Cleaning Lady, Inc.) in order to completely disinfect the facility.
- All students who miss class during the closure of the facility would follow the same procedure as when inclement weather occurs. This procedure states that all students will be provided a makeup class either scheduled by BSGA or to be scheduled by the student's parents during another class time within one's age/ability level.
- Our students would be alerted of the facility closure via email and telephone. The website would also have the closure posted on the News/Events page.

Bay State Gymnastics Academy Management

Policy Updated: March 8th, 2018

Thank you for all your cooperation and support. **We ask that you please sign below to indicate that you have read and understand all of the policies above and will abide by them.** In order to ensure the best possible experience for your child, we need EVERY family member (parents, students, & siblings) to follow these policies.

CHILD #1: _____ CHILD #2: _____

CAMP/CLASS: _____ CAMP/CLASS: _____

PARENT/GUARDIAN SIGNATURE: _____ DATE: ____/____/____

PICK UP & DROP OFF PROCEDURES

***When signing your child in or out the authorized adult will need a photo ID ready**



AUTHORIZED PICK UP	RELATION	PHONE
DO NOT RELEASE MY CHILD TO THE FOLLOWING:		

EMERGENCY INFORMATION and CONSENT FOR MEDICAL TREATMENT

CONTACT INFORMATION

Student's Name _____ DOB _____ Age _____ Male Female

Parent/Guardian _____

Home Phone _____ Cell _____ Work _____

Parent/Guardian _____

Home Phone _____ Cell _____ Work _____

Alternate Emergency Contacts when Parent/Guardian(s) cannot be reach:

1 _____ Relationship _____ Phone _____

2 _____ Relationship _____ Phone _____

3 _____ Relationship _____ Phone _____

Student's Physician _____ Office # _____

Student's Dentist _____ Office # _____

CONSENT for PROGRAM PARTICIPATION & EMERGENCY MEDICAL TREATMENT

All health information provided is correct to the best of my/our knowledge, and the person herein described has permission to engage in all BSGA Camp activities except if noted. In an emergency, involving my child, I understand that every effort will be made to contact the parents, the physician, or other listed individuals. I/we hereby give permission to the health supervisor or other medical personnel selected by the BSGA Camp General Manager to: 1) Use their best judgment and discretion in handling the emergency; 2) Activate EMS to treat and transport my child to the nearest hospital as necessary; 3) Photocopy this form, which is considered the same as the original, and send it with the student. I authorize hospital medical personnel to initiate emergency treatment as needed. I agree to be responsible for the payment of any medical treatments administered to my child, in connection with injury, accident or illness that may occur while my child participates in any BSGA Camp activities. I agree to hold BSGA Camp harmless in such events except in the case of negligence. I/we also understand and agree that the student shall abide by any restrictions placed on his/her BSGA Camp Activities.

Parent/Guardian Signature _____ Date _____

Printed Name _____

Parent/Guardian Signature _____ Date _____

Printed Name _____