

SUPER QUEST SUMMER CAMP 3-12 YRS



Super Quest Summer Camp is an adventure-filled 3-hour camp for children ages 3-12yrs. Each camp theme is based on fun, exciting missions or “Quests” that the kids are challenged to complete each day! Each day of camp involves a fun, creative storyline and music that will incorporate opportunities for the kids to exercise their muscles, their imaginations and their cooperation skills – working together to complete each Quest!

June 5th – 9th 9am- 12pm

The Neat Ninja League

As “Super Ninjas”, the super kids will use Karate skills to complete their quests and be granted membership into the Neat Ninja League! We will have fun focus on personal responsibility. Neat Ninja’s are very neat, responsible, and LOVE have fun!

June 12th – 16th 9am- 12pm

The Search for Rainbow Castle

The Super Kids will “Float away on the Giant Lilly Pad”, “Climb across the “Twisted Tree Bridge” and “Spend the night in Pine Cone Cave.” These are just some of the fun, physical, cooperative and imaginative challenges that await your child as they work together to find the “Rainbow Castle”!

June 19th – 23rd 9am- 12pm

The Super Grown-Ups

The Super Kids will be challenged with quests that have them pretending to be The Super Grown-Ups, those heroic uniformed men and women who keep us safe and help us when we’re in danger!

June 26th – 30th 9am- 12pm

X-Treme Sports of All Sorts

Experience a week of sports like you never have before! Get ready to go really fast, fly really high, and attempt some daring feats.

July 3rd – 7th (No camp Tuesday July 4th)

Green Beard’s Pirate Ship

The Super Kids’ Quest this week puts them on Green Beard The Pirate’s Galleon! Each day our little pirates will be sailing to a new island, a new adventure and new treasures!

July 10th – 14th 9am- 12pm

The Dragon’s Lair Slumber Party

Once the Super Kids find the Dragon’s Lair, the Slumber Party will begin! The Super Kids are invited to wear pajamas during this outrageously fun adventure – with games, challenges, and even some Hip Hop Dance!

July 17th – 21st 9am- 12pm

The Missing Mermaid Palace

Once the Super Kids find the Dragon’s Lair, the Slumber Party will begin! The Super Kids are invited to wear pajamas during this outrageously fun adventure – with games, challenges, and even some Hip Hop Dance!

July 24th – 28th 9am- 12pm

Cheer & Dance Fun

Give me a F – U – N! Boys and girls alike will learn chants, cheers, stunts, and dances during this adrenaline-producing week! We’ll work on air mat tumbling as well as cartwheels, round-offs, back handsprings and back tucks. All stunts and cheers will be age-appropriate and will incorporate lots of activities to increase our upper body strength!

July 31st – August 4th 9am- 12pm

The Race to Outer Space!

The Super Kids are racing into outer space this week to complete a quest on a different planet each day! Their Super Kid Capes will come in handy as they fly and dodge asteroids, comets and black holes!

August 7th – 11th 9am- 12pm

The Secret Clue to the Zoo

Our Super Kids will venture into Hullabaloo Zoo – the biggest Baby Animal Zoo in the land! Each day the Super Kids, aided by a “secret clue”, will work together to find a chosen baby animal!

August 14th – 18th 9am- 12pm

Hawaiian Hide & Seek!

Aloha! The Super Kids journey to a different Hawaiian Island each day to play a game of Hide & Seek! Will their quest be to seek a hidden waterfall? An ancient volcano? A Sea Turtle Beach? Come find out!

SKILL THRILL SUMMER CAMP 6-12 YRS

The Little Gym’s Skill Thrill Camps focus on a specific skill to offer the perfect combination of skill-building, fun and success! By the end of each camp, your child will have made significant strides toward the learning of the skill of focus. They just may even learn to do the skill by themselves – in one camp!

MWF June 12th, 14th, 16th 1:30 – 4:30

Caribbean Cartwheels & Hawaiian Handstands

Cartwheels and Handstands are important “gateway skills” that will lead the beginning/intermediate level gymnast toward learning Round-Offs, Back Handsprings and more! They also build upper body and core strength! A “Caribbean/Hawaiian” side theme will add a fun tropical twist to the week!

MWF June 19th, 21st, 23rd 1:30 – 4:30

Back Handspring Bonanza

This Skill Thrill Camp is perfect for kids who are ready to learn the Back Handspring! It’s also great for those kids who have learned a Back Handspring – but are ready for more advanced Back Handspring, and power tumbling variations. A three hour “Back Handspring Bonanza”!

MWF June 26th, 28th, 30th 1:30 – 4:30

Back Tuck Beach!

Yes – we’re going to “Back Tuck Beach”! Back Tucks (back flips) are not only a BLAST! – they are also easier to learn than you think. All it takes is some confidence-building, practice and repetition! And that’s just what this Skill Thrill Camp will provide.

MWF July 10th, 12th, 14th 1:30 – 4:30

Amazing Aerials

Is it possible to do a “no-handed cartwheel”? YES – this skill is called an “Aerial”! While advanced gymnasts may be perfecting their aerial or learning to link it to other skills, beginning and intermediate gymnasts will have the opportunity to grow their cartwheels as they progress towards this exciting skill!

MWF July 17th, 19th, 21st 1:30 – 4:30

Front Handspring Festival

This Skill Thrill Camp is perfect for those kids who have learned their handstand – and are ready to move to the next step – a “Front Handspring”! This camp is also great for kids who can do this skill by themselves – but just need some repetition and practice to solidify their technique and confidence.

MWF July 24th, 26th, 28th 1:30 – 4:30

Vaulting Volcanoes!

Vaulting is one of the most fun and exciting events in gymnastics! What other event allows you run AS FAST AS YOU CAN and LAUNCH into the AIR! Whether it’s learning a squat-on vault or perfecting a Front Handspring vault, this camp will get them “springing” to new heights!

MWF July 31st, 2nd, 4th 1:30 – 4:30

Kip, Kip Hooray!

The Kip skill on the bar is one of the most important – yet most difficult – skills to learn for the intermediate/advanced gymnast. This Camp offers the focus and repetition required to learn the subtle movements of the Kip. Who knows? Your child just might GET IT!

SUPER KIDS’ QUEST SUMMER CAMP

SKILL THRILL SUMMER CAMP