

# AEON FITNESS AND GYMNASTICS



## Summer Camp Programs 2024



**Dates: June 17th - August 23rd · (10 weeks)**

*\*Closed: July 4th & 5th for Independence Day*

### Movement Day Camp

*Our half day morning camp for girls and boys ages 4-14 is one of a kind!*

The camp will be composed of gymnastics skill building including basics and an introduction to flipping and tumbling, all designed with fun in mind! This movement day camp will include a variety of physical activities, sports fundamentals, games, and friendly contests. Camp includes a touch of all of our programs including a variety of age-appropriate: gymnastics, tumbling, ninja warrior, fitness concepts, and dance parties. With the use of all apparatus: trampolines, tumble track, floor, bars, beams, vault, rings, rope, and exciting obstacle courses. Campers will be jumping, swinging, improving coordination and balance, while learning and progressing skills.

Students will discover and explore with fun weekly themes incorporated in our full-of-smiles activities. Campers are welcome to include the specific theme in their outfit for the day, *suggested but not required*. Camp is instructional, designed with learning and fun as the goal. Join us for a unique experience. Groups will be separated by age and ability and organized on a daily basis based on advanced registration. All abilities welcome: beginner, intermediate, and advanced. For mini movers campers ages 4-5, we may provide a small arts and crafts activity that they can make daily.

All campers must bring a re-sealable drink for our 2.5-hour part-day morning camp.

**Time: 9:30am - 12:00pm**

**Available: Monday, Tuesday, Wednesday, Thursday, & Friday**

### Tumble Day Camp

*Our tumble day camp is for girls and boys ages 7-18.*

The camp focus is on basic gymnastics skill building as well as all tumbling progressions. The campers will practice on: tumble track, trampolines, spring floor, and use various matting to advance their tumbling skills. Beginner and intermediate skills will be taught (*please inquire for advanced skills*). Camp is instructional, beginner and intermediate abilities welcome (*please inquire for advanced ability levels*).

The main skill focus is on the following elements: forward/backward roll, handstand, cartwheel, round-off, aerials, back and front walkovers, and back and front handsprings (*back and front tucks, layouts, and twisting upon request pre-approval*). \*Cartwheel required to join. Groups will be separated by age and ability and organized on a daily basis based on advanced registration. This camp is ideal for cheerleaders and dancers or for those who love to tumble.

All campers must bring a re-sealable drink for our 2-hour part day camp.

**Time: 12:30pm - 2:30pm**

**Available: Tuesday & Thursday**

### Pricing

#### Movement Camp

Price Per Day: \$60

Price Per 5 Day Week (Monday-Friday): \$260

#### Tumble Camp

Price Per Day: \$50

Price Per 2 Day Week (Tuesday & Thursday): \$85

☀️ \$40 ANNUAL REGISTRATION FEE

### Location

#### **Training Center #2:**

270 Knickerbocker Avenue, Hillsdale, NJ 07642

Phone: (201) 664-0304

Email: [info@aeonfitgym.com](mailto:info@aeonfitgym.com)

Website: [www.aeonfitgym.com](http://www.aeonfitgym.com)

☀️ Visit Aeon Customer/Parent Portal: <https://app.iclasspro.com/portal/aeonfitgym>

### Registration

**Sign-ups begin March 11th!**

**\*\*You can sign up and pay by day or by week and choose any days or weeks of camp throughout the 10-week summer session - advanced registration required, accepted ONLINE ONLY\*\***

☀️ Registration is first come, first serve ONLINE ONLY through the iClassPro Portal (no in-person registration accepted).

NO CAMP or CLASS WALK-INS. Please inquire online for availability on iClassPro customer/parent portal. Pre-registration ONLY (within 3 hours of camp start time based upon availability, 24 hours advanced registration preferred).

Drop off and pick up, or outdoor viewing suggested (lobby area has very limited viewing for parents/guardians).

You must choose camp dates upfront. Payments are required in full online with a credit card prior to the first day of camp. We allow pro-rated sign-ups for those who miss the initial registration if space is available.

Camps with minimal students enrolled may be combined or changed. Schedule subject to change. Able to combine various class/camp options for a longer stay during Session 5! Movement/Tumble Camp Combo available for ages 7-14!



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**\*We can't wait to see your movement-appropriate themed outfits each week (optional)!\***



**\*Week 1 (June 17th - June 21st) - Disney Dance Week - Movin' & Groovin'!**



**\*Week 2 (June 24th - June 28th) - Super Hero Strength Week!**



**\*Week 3 (July 1st - July 3rd) - Party in the USA Week - Red, White, & Blue!**

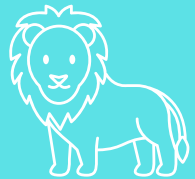


**\*Week 4 (July 8th - July 12th) - Handstand Hawaiian Luau / Bridges & Beach Week - Under The Sea!**

**\*Week 5 (July 15th - July 19th) - Jumping into Outer Space Week - to Aeon & Beyond!**



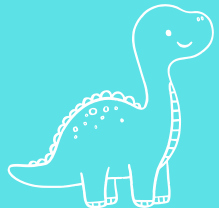
**\*Week 6 (July 22nd - July 26th) - Animal Acro Week!**



**\*Week 7 (July 29th - August 2nd) - Olympics Week - Go Team USA!**



**\*Week 8 (August 5th - August 9th) - Dynamite Dino Week!**



**\*Week 9 (August 12th - August 16th) - Cartwheels in Candyland Week!**



**\*Week 10 (August 19th - August 23rd) - Working Out Wild & Wacky Week!**



**\*\*Also See our Summer *Class* Options\*\***