

# hello

2025

# SUMMER

# Camp

Registration open for one week or multiple!

## Cost per week

8:30AM-2:30PM \$420

## Cost per day

8:30AM-2:30PM \$115

*Sibling Discount*  
10%

*5 Days* \$420

*4 Days* \$360

*3 Days* \$300

*2 Days* \$210

**Contact us!**

(845) 306-7530

3 Day Road

Carmel, NY

[vegagym@five.com](mailto:vegagym@five.com)

[www.gymnasticsatvega.com](http://www.gymnasticsatvega.com)

## AGES 5-15

\$35 registration fee  
if not currently  
enrolled in classes

Hair should be worn up  
If you don't own a leotard, then  
shorts and a t-shirt are  
recommended.

For 'Quiet Time' please bring a  
book! Encouraging our athletes to  
summer read!

Please do NOT pack  
snacks/lunches containing  
Peanuts.



*Bring your friends!*

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## Dates

**1: July 7 -- July 11: Party in the USA**

*Celebrate the USA and do some star-spangled gymnastics!*

**2: July 14 - July 18: Under the Big Top**

*Go under the big top and enjoy all things circus, carnival and summer fair!*

**3: July 21 - July 25: Winter in July**

*Beat the heat with some cool games, gymnastics and fun!*

**4: July 28 - August 1: Celebrate the Arts**

*Explore the many different forms of arts and find your inner creativity!*

**5: August 4 - August 8: Campground Capers**

*Spend time doing gymnastics and backyard games at the campground!*

**6: August 11 - August 15: NinjAction Week**

*Develop speed, agility and balance in ninja-styled obstacle training*

**7: August 18 - August 22: Beach Week**

*Play exciting games and do gymnastics in our summer beach in the gym!*

## Daily Schedule

2025

8:30 - 9:00: Warm up

9:00 - 9:35: Instructional/Themed Play- Bars and Beams

9:35 - 10:10: Instructional/Themed Play- Tumble Track and Trampoline

10:10 - 10:45: Games and Free Play

10:45 - 11:15: Energy Break/ Arts + Crafts

11:15 - 11:50: Instructional/Themed Play- Floor Exercise

11:50 - 12:30: Lunch Time

12:30 - 1:00: Quiet Time/Summer Reading

1:10 - 1:45: Fitness Exercise to build strength

1:45 - 2:30: Themed Games and Goodbyes!

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