



AM & PM CARE, LUNCH OPTIONS
AVAILABLE



AGES 5+



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215 757 0111

info@dynamixgymnastics.com



MEET OUR STAFF!

At Dynamix Gymnastics our camp counselors and supervisors are dedicated to assuring that your child has the best experience possible. Both our counselors and supervisors are trained for multiple levels of gymnastics, and focus on not only building our campers up, but helping them achieve new goals each and every day.

On top of their extensive training, supervisors are also First Aid and CPR certified.



Dear Parents & Campers,

My name is Miss Jen and I am the Recreational and Summer Camp Director at Dynamix Gymnastics. I have a BA in Elementary Education and Theatre from Rider University. I am also First Aid, CPR and AED certified.

This summer will be my 3rd consecutive year as Summer Camp Director at Dynamix Gymnastics. I have 27 years of coaching experience and, 19 years of experience running gymnastics camps. I also have experience coaching college level track and field, junior olympic trampoline and tumbling, as well as USAIGC gymnastics. Last, but not least I am a mother of 3 wonderful children ranging from ages 3 to 14.

From these experiences I have learned a tremendous amount about both working with children and the amazing lessons you can garner through sports. I will do my best to combine all of my experiences in order to plan and execute a fun, exciting and safe environment.

If you have any questions or concerns please do not hesitate to reach out!

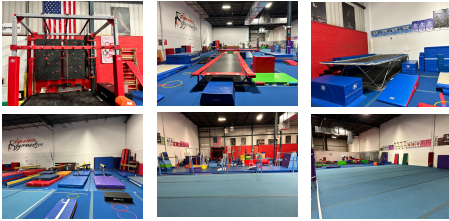
Thank you for choosing Dynamix Gymnastics to spend your Summer 2024. We are looking forward to a wonderful summer filled with gymnastics, games, special activities, friendships, and memories to last a lifetime!

Best Wishes,
Jen Abuzzese
Summer Camp Director
215 757 0111 x103
Jen@dynamixgymnastics.com



OUR FACILITY

- 13,500 square ft. facility
- Fully air conditioned
- Gymnastics Equipment: Floor, Beams, Vault, Bars, Rings, 2 Tumbler Traks, Trampoline, Ninja Rig, Ninja Wall
- Inflatables: Indoor/Outdoor
- Separate area for crafts and snacks/lunch



CAMP DETAILS

9:00 AM - 3:30 PM

Gymnastics is a sport that encourages children to learn and grow in many ways both inside and outside the gym. Dynamix Gymnastics Camps are designed for gymnasts ages 5+ from beginner to advanced. In addition to building gymnastics skills, we strive to help our campers build self-confidence, a love for fitness, and increase independence. We also use different games and challenges in order to help our campers better understand the importance of teamwork.

Dynamix campers will enjoy a jam-packed day of gymnastics instruction, games, crafts, and so much more! All children from beginner through advanced will thrive under the instruction of our experienced coaches. Activities are based on the theme for the week and designed to keep your child engaged throughout the day! Each day the groups will be instructed on 5-6 different gymnastics events.

GROUPINGS

Every Monday campers will be evaluated and placed into groups based on age and ability, at times they will be split into genders when applicable. These groupings will remain in place throughout the week for the duration of their gymnastics rotations. However for games and play time all campers will be mixed and placed in groups at random.



WHAT YOUR CAMPER NEEDS

Please bring items below to camp each day labeled with your child's first and last name.

- Water bottle
- Morning snack*
- Healthy lunch with a beverage*
- Bathing suit and towel
- Sunscreen
- Shoes that can get wet

*DYNAMIX IS A PEANUT FREE FACILITY



SAMPLE SCHEDULE

9:00 AM - 9:15 AM
WELCOME GAMES

9:15 AM - 9:30 AM
WARM UPS/EVALUATIONS

9:30 AM - 9:45 AM
1ST EVENT: FLOOR

9:45 AM - 10:00 AM
2ND EVENT: TUMBLE TRACK

10:00 AM - 10:15 AM
3RD EVENT: BALANCE BEAM

10:15 AM - 10:45 AM
SNACK (NOT PROVIDED)/ CRAFT

10:45 AM - 11:00 AM
4TH EVENT: TRAMPOLINE

11:00 AM - 11:15 AM
5TH EVENT: VAULT

11:15 AM - 11:30 AM
6TH EVENT: UNEVEN BARS

11:30 AM - 12:00 PM
GAMES

12:00 PM - 1:00 PM
LUNCH /QUIET GAMES
(LUNCH IS NOT PROVIDED EVERYDAY)

1:00 PM - 2:00 PM
SPECIAL ACTIVITY/GYMNASTICS CLINIC

2:00 PM - 2:30 PM
OPEN GYM

2:30 PM - 3:15 PM
INFLATABLES

3:15 PM - 3:30 PM
PICK UP/GAMES



WEEKLY THEMES

Week 1 (June 17 - June 21) Play With Your Food Week

When mom says "No", camp says "Yes"! The campers will get creative with food themed crafts each day and they will even get to eat them. (Not recommended for children with multiple food allergies)

Week 2 (June 24 - June 28) Animal Planet

Kids will get to experience all things animals. From acting like them, to creating crafts involving them and of course getting a deeper understanding of them when our animal guests come on Thursday.

Week 3 (July 1 - July 3) Just Gymnastics *Prorated week

This is the shortest camp week of the summer so we are getting right to what we do best, GYMNASTICS! This fun filled mini week will be gymnastics centered complete with gymnastics games and some skill clinics to help our campers achieve their goals. We will also enjoy performances from our competitive team girls and our coaches!

Week 4 (July 8 - July 12) Exploration & Adventure

Ahoy mateys adventure awaits! Campers will take part in all types of adventures, from scavenger hunts to our custom made escape rooms!

Week 5 (July 15 - July 19) Ooey Goey Science

Is your gymnast curious about how things work? Do they like to make a mess? Then this is the perfect camp week for you. We build their muscles through gymnastics and their brains through science. The best part is we will take care of all the clean up while they have all the fun .



Week 6 (July 22 - July 26) Gym Ninja

Gym Ninja is another Dynamix favorite! Along with our fun filled gymnastics skills, campers will also test their balance, strength, and courage on our challenging Ninja obstacle courses throughout the week. As an added bonus, a martial arts studio will come in to demonstrate their ninja skills and put our campers through some ninja training of their own.

Week 7 (July 29 - August 2) Olympic Week

Let the games begin, with some friendly competition between campers. We will have minute to win it games, record setting games, olympic opening and closing ceremonies along with 2 full days of camp wars.

Week 8 (August 5 - August 9) Myths and Magic

A week filled with fantasy and imagination and of course gymnastics fun. Each day will have added excitement through our wizarding and fantasy themes games such as quidditch, elves wizards and giants and of course a fun filled magic performance.

Week 9 (August 12 - August 16) Mixed Up Mayhem

This camp week is a little bit of everything. Campers will get to vote on which games and crafts they will be doing and all the games we have planned will have a special twist. On Thursday all the campers will have the opportunity to share their hidden talents with the rest of camp.

Week 10 (August 19 - August 23) Insane Inflatables

Our last week of camp is always a blast. We will have our different bounce houses and slides out all week for the campers to enjoy. They will also get to rock out in ton of foaming bubbles with music blasting and of course we will wind down camp on the last day with a camp party.



*Activities are subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 June 17 - June 21 Play with your food week	 STARFISH BREAD/ BOUNCE	 FRUIT SALAD MIX UP/ WATER PLAY/ WATERMELON SPLIT	 WATERSLIDE/WAFFLE CONE FRUIT CUP	 IRON CHEF CHALLENGE	 COOKIE DECORATING
Week 2 June 24 - June 28 Animal Planet	 SAFARI DAY	 FARM DAY/ WATERSLIDE	 SEA ANIMAL DAY	 ANIMAL PERFORMANCE	 HIBERNATION DAY/RITAZ
Week 3 July 1 - July 3 Just Gymnastics 3 day week	 DESIGN YOUR OWN LEO	 TEAM PERFORMANCE DAY	 COACHES PERFORMANCES/ICE CREAM SUNDAES	 HAPPY 4th of July	 SORRY WE'RE CLOSED
Week 4 July 8 - July 12 Exploration and Adventure	 TREASURE HUNT/ ROOTBEER FLOATS	 PIRATE ADVENTURES/ WATER SLIDE	 OUTDOOR SCAVENGER HUNT/ CUP RACES	 ESCAPE ROOM	 EGG DROP CONTEST
Week 5 July 15 - July 19 Ooey Gooey Science	 SLIME/ POPSICLES	 SOAP BOATS/REUSABLE BUBBLES	 SLIDE/ FIZZY MOON ROCKS	 MAD SCIENCE/ POP ROCKS EXPERIMENT	 BOUNCE HOUSE/DOMINO RALLY
Week 6 July 22 - July 26 Gym Ninja	 LIGHT SABER BUILDING	 WATER SLIDE/ LIGHT SABER BATTLE	 WATER PINATAS / NINJA OBSTACLE COURSE	 MARTIAL ARTS DEMO	 NERF SHARP SHOOTER COMPETITION
Week 7 July 29 - Aug. 2 Olympic Week	 OPENING CEREMONIES	 CAMP WARS/ RITAZ	 RECORD BREAKING DAY	 COLOR RUN	 CLOSING CEREMONIES / TORCH CONES
Week 8 Aug. 5 - Aug. 9 Myths and Magic	 MYTHICAL CREATURE DAY	 WIZARD DAY/ SLIDE	 START RAYA/ FROZEN SUPER HERO SLIDE	 MAGICIAN	 FINISH RAYA/ COOKIE DECORATING
Week 9 Aug. 12 - Aug. 16 Mixed Up Mayhem	 BOUNCE HOUSE	 SLIDE/ FORT BUILDING	 BINGO/ BRACELET MAKING / CAMPER'S CHOICE	 HIDDEN TALENT SHOW	 ICE CREAM SUNDAES/LEGO BUILDING CONTEST
Week 10 Aug. 19 - Aug. 23 Insane Inflatables	 BOUNCE HOUSE	 AIR TRACK/ ROOTBEER FLOATS	 WATERSLIDE	 BOUNCE HOUSE/AIR TRACK	 BUBBLE PARTY!



COUNSELOR IN TRAINING PROGRAM

Dynamix Gymnastics Counselor In Training (CIT) Program is a selective and progressive program designed for teens ages 12-14. Held during our 10 week summer camp, the CIT program is focused on helping the youth of today become the best leaders they can be tomorrow. If selected, participants will experience a hands-on learning approach to gymnastics coaching, spotting, mentoring, and being a camp counselor. CITs will assist coaches in the morning and enjoy the fun aspects of camp in the afternoon! Participants will be allowed to register for up to 3 weeks.

150/WK

MONDAY - FRIDAY

8:45 AM - 3:45 PM

FREE PIZZA LUNCH FRIDAYS

AM/PM CARE AVAILABLE!

Camp discounts do not apply to CITs.

OUR CIT PROGRAM HELPS ESTABLISH THE SKILLS THEY NEED FOR A LIFETIME!

- Team work
- Leadership
- Confidence
- Communication



HOW TO BECOME A CIT (COUNSELOR IN TRAINING)

Step 1: Visit www.dynamixgymnastics.com/summer-cit-program.

Step 2: An interview will be scheduled. Be sure to check your emails.

Step 3: If accepted as a CIT you will be notified via email.

Step 4: Join us for your scheduled camp weeks!

If accepted there will be a mandatory meeting June 2 from 10 am to 12 pm





CAMP COST

Annual Membership Fee (required):

\$35/one child

\$60/family

Weekly Camp Cost

\$350/wk (Week 3 is prorated)



ADDITIONAL ADD ONS

AM Care 8:00 AM - 9:00 AM **\$10/day** | **\$40/wk**

PM Care 3:30 PM - 5:00 PM **\$13/day** | **\$55/wk**

Snack & Lunch Options

Campers will need to bring a healthy snack and lunch with them each day. Snack will be offered to campers every Wednesday for \$1. Lunch will be available for purchase every Thursday and Friday for \$8 per day. DYNAMIX IS A PEANUT FREE FACILITY

Snack: \$1/Wednesdays Only (CASH ONLY)

Mini Pretzels will be offered to the campers during snack time on Wednesday only. 50% of the proceeds will go to the Kisses For Kyle Foundation.

Lunch: \$8/day

1. Chick-Fil-A Thursdays - Includes nuggets, snack, a drink, and desert!
2. Pizza Fridays - Includes pizza, snack, a drink, and desert!

WAYS TO SAVE!

EARLY BIRD DISCOUNT

Receive **5% OFF** when you register by **March 15, 2024**.

Must pay in full to receive discount.

ENROLLMENT DAY

Receive an additional **5% OFF** on top of our Early Bird Discount when you stop in to register **Sunday, February 4**.

MULTI - WEEK DISCOUNTS

4 weeks - **5% OFF**

8 or more weeks - **8% OFF**

MULTI - CHILD DISCOUNT

Receive **\$15 OFF/full week** for each additional child.

REGISTRATION/ PAYMENT

Enrollment Options: Registration forms may be completed online at dynamixgymnastics.com. Paper copies may be picked up at the front desk. Completed registration forms online will be automatically submitted once the form is completed. Parents may also submit paper copies to the front desk. Registration is ongoing throughout the Summer if space is available.

Payment Options:

- **Early Bird Discount** - **Must be Paid in full at the time of registration to receive 5% discount. Early Bird Discount ends March 15, 2024** (discounts do not apply to additional options). Multi-week discount and multi-child discount may be combined with Early bird discount.
- **Camp Deposit** - A \$100 non-refundable deposit per child, per week of camp, is required to hold your camper's spot. Camp balance must be paid in full by June 1, 2024. Campers enrolling after June 1st must pay in full at time of registration. Not eligible for early bird discount.
- **Camp Balance** - If camp is not paid in full at time of registration, the remaining balance will be due June 1, 2024. All balances not paid by June 1 will be automatically charged to the card on file. (Camp must be paid in full at time of enrollment to receive camp discounts.)
- **Late Fees:** Campers not picked up within 15 minutes of their scheduled pick up time will be charged a late fee of \$5 per every fifteen minutes late to your account. Campers enrolled in PM Care who are not picked up by 5:00pm will be charged a late fee of \$1 per minute to your account.
- **Transfer Fee:** Pending/approval of availability. All transfers will incur a \$30 transfer fee.
- **Payment Info:** A credit card is required to be on file for any additional options, or in the event that late fees occur.
- **Cancellation Policy:** All requests for cancellations must be made in writing before June 1, 2024. All monies paid other than the \$100 deposit, per week, per child, will be credited to your Dynamix account. Any cancellations submitted after June 1, 2024 will not receive any credit/refund for any reason.

Important Dates

Summer Camp Enrollment Day

February 4, 2024 10:30 AM - 12:00 PM

Early Bird Special Ends *In-person ONLY.*

March 15, 2024

First Day of Summer Camp

June 17, 2024



FAQ

What should my camper wear?

- GIRLS: A one-piece leotard is best for girls, or elastic shorts and a shirt that is form-fitting or can be tucked in. No buckles, buttons, drawstrings or zippers. (Two-piece leotards are NOT permitted for safety reasons)
- BOYS: Elastic shorts and a shirt that is form-fitting or can be tucked in is best for boys. No buckles, buttons, drawstrings or zippers. Jewelry, watches/smart watches are not permitted. (post earrings are permitted)
- Water play days all gymnasts should wear their bathing suit to camp. (Please pack a change of clothes)
- No buckles, buttons, drawstrings, or zippers.
- Jewelry is not permitted. Post earnings are allowed.
- Long hair (regardless of gender) must be pulled back away from face, no clips or bows.
- Shoes that can get wet.
- Pack both an extra set of clothes, a swimsuit and towel each camp day.

What are pick up/drop off procedures? Can I walk my child in?

- Drop off car line: Pull up to the designated drop off zone in front of the steps. The camper(s) must exit car from drivers' side. Drop off 8:50-9:15 AM.
- Pick up car line: Name plates MUST have your campers name and be displayed in the front window of the vehicle. Pick up 3:15-3:40 PM.
- Walk in, MONDAY MORNINGS ONLY. Park and check in with the car line coach.

Are parents allowed to stay and observe?

- No, parents are not permitted to stay as camp uses the entire facility including the lobby. This keeps all campers safe.

How are campers placed into groups? Can my camper be with a friend/sibling?

- On Mondays, gymnasts are evaluated and placed in groups based on both skills and age for morning gymnastics instruction. In the afternoon gymnasts are placed in groups at random for game time.
- Siblings will be placed in separate groups for morning instruction.
- Special requests will be accommodated if possible. Campers of different abilities with special grouping requests will be placed into groups at the lower level.

How many campers/coaches will be at camp?

Camper to coach ratio is 10:1, along with a CIT/junior coach.

Can I pick my child up early? Drop off late?

Absolutely! If possible, please inform camp staff or contact the front desk in advanced. Car line is not available for late/early campers.

My child is sick or injured, can we make up a camp day? What if I need to cancel camp registration?

Unfortunately, like school day we cannot accommodate a missed camp day for any reason.

All requests for cancellations must be made in writing before June 1, 2024. All monies paid less the \$100 non-refundable deposit, per week, per camper, will be credited to your Dynamix account. After June 1, 2024, no credits/refunds will be given.

What if my camper has a food allergy?

Dynamix is a peanut free camp. NO PEANUT PRODUCTS PERMITTED. While we try to safeguard against allergies, there may be days that we have special treats, or food related crafts. Please let us know of all allergies, gymnasts are always allowed to bring in their own allergy safe treat from home if needed.

What to bring/leave home?

Campers will need to bring a large bag to hold ALL their belongings; towel, swimsuit, sunscreen, lunch, and extra clothes. ALL ITEMS MUST BE CLEARLY LABELED! Use of cell phones and electronic games are not permitted during the camp day, and we strongly suggest these items be left at home. Dynamix is not responsible for any lost, damaged, or stolen items.

Helpful Tips!

TIP 1

Save more when you attend our Summer Camp Enrollment Day!

TIP 2

Registration for both Summer Camp and the CIT program can be done online!

TIP 3

Camps tend to fill quickly. If you need certain dates, we recommend to register early.

TIP 4

Download the Dynamix Gymnastics app to stay up to date and receive important information regarding Summer Camp.

How To Register For Camp

Step 1: Visit www.dynamixgymnastics.com/Summer-Camp-2024

Step 2: Click 2024 Summer Camp Registration.

Step 3: Complete form

Step 4: Sign and Submit!