

## SPECIALTY CAMPS

**JUMP ROPE CAMP 8:30-4:00** provides instruction for the beginner level through advanced masters level skills to students ages 5-18. Jump Rope camp is an all day camp, Monday-Friday, with instruction from 9:00AM-4:00PM. Register early! Athletic shoes, T-shirt and shorts should be worn each day. Please bring lunch, 2 snacks and a water bottle to camp each day. Jump Rope Camp performance Friday 4:00 PM

**PAYMENT INFO.** Week 2 Monday-Friday 8:30-4:00 pm  
\$265.00 / WEEK 2 ALL DAY

**TUMBLING CAMP 12:30-3:30pm** Beginner through advanced levels, ages 6-15. The campers will focus on the basic fundamentals of tumbling and progress into higher level skills. Register early to reserve your spot! Please bring a snack and a water bottle to camp each day.

**PAYMENT INFO.** Week 3 Monday-Friday 12:30-3:30pm  
\$190 00 / WEEK 3 AFTERNOON

**CHEERLEADING CAMP (1) 12:30-3:30 pm.** Participants will focus on strength and flexibility, jumps, motions, stunting, dance, basic and advanced tumbling skills. Cheerleading Camp is open to kids ages 6 -12. Tennis shoes, T-shirt and shorts should be worn each day. Please bring a snack and a water bottle to camp each day.

**PAYMENT INFO.** Week 5 Monday-Friday 12:30-3:30 pm  
\$190.00 / WEEK 5 AFTERNOON

**GIRLS TEAM CAMP 9:00-4:00** All gymnastics girls team members from Shooting Stars, Levels 3-9 and Team Xcel ages 6-18! This will be an intensive week of goal setting and training as well as some extra curricular activities. Gym activities will begin at 9am and end at 4:00pm. (All Day)

**PAYMENT INFO.** Week 6 Monday-Friday 9:00-4:00 pm  
\$265.00 / WEEK 6 ALL DAY

**CHEERLEADING CAMP (2) 12:30-3:30 pm.** Participants will focus on strength and flexibility, jumps, motions, stunting, dance, basic and advanced tumbling skills. Cheerleading Camp is open to kids ages 6 -12. Tennis shoes, T-shirt and shorts should be worn each day. Please bring a snack and a water bottle to camp each day. Participation in cheer camp 1 (week 5) is not required.

**PAYMENT INFO.** Week 7 Monday-Friday 12:30-3:30 pm  
\$190.00 / WEEK 7 AFTERNOON

**BOY'S GYMNASTICS CAMP 9:00-4:00** Boys ages 5-18. Participants will learn compulsory elements and routines for the upcoming season. T-shirt and shorts should be worn each day. Gym activities will begin at 9am and end at 4:00pm. (All Day)

**PAYMENT INFO.** Week 8 Monday-Friday 9:00-4:00 pm  
\$265.00 / WEEK 8 ALL DAY

**TUMBLING CAMP 2 12:30-3:30pm** Beginner through advanced levels, ages 6-15. The campers will focus on the basic fundamentals of tumbling and progress into higher level skills. Register early to reserve your spot! Please bring a snack and a water bottle to camp each day.

**PAYMENT INFO.** Week 9 Monday-Friday 12:30-3:30pm  
\$190 00 / WEEK 9 AFTERNOON

## SUMMER CAMP SCHEDULE 2026

**Week # 1:** June 15-19

**Week #2:** June 22 -June 26 (Jump Rope Camp) \$265.00

**Week #3:** June 29- July 3 (Tumbling Camp)

**Week #4:** July 6 -July 10

**Week #5:** July 13 -July 17 (Cheer Camp 1)

**Week #6:** July 20- July 24 (Girls Team Camp) \$265.00

**Week #7:** July 27 -July 31 (Cheer Camp 2)

**Week #8:** August 3-7 (Boys Gymnastics Camp) \$265.00

**Week #9:** August 10-14 (Tumbling Camp 2)

**Week #10:** August 17- August 21

Gymnastics Camp is offered every week .

Jump Rope Camp is offered only on week #2 \$265.00

Tumbling Camp 1 is offered only on week #3

Cheer Camp 1 is offered only on week #5.

Girls Team Camp is offered only on week #6 \$265.00

Cheer Camp 2 is offered on week #7

*(above participation in week 5 is not required)*

Boy's Team Camp is offered only on week #8 \$265.00

Tumbling Camp 2 is offered on Week #9

*(above participation in week 3 is not required)*

**\*\* Note Specialty Camps are offered in addition to weekly Gymnastics Camp. All day campers may combine specialty camps with gymnastics camp for the full day cost if age and ability appropriate. Boys & Girls Gymnastics, and Jump Rope Camp are full day camps at a specific cost of \$265.00. Half day camp is not available.**



**(Revised 1-3-2025)**

# YOUTH SPORTS GYMNASTICS



# SUMMER CAMP 2026

YOUTH SPORTS  
14023 Noblewood Plaza  
Woodbridge, VA 22193  
703-590-8400  
www.youthsportsva.com

## GYMNASTICS CAMP

YOUTH SPORTS, Virginia Training Center's Camp Program gives kids of all gymnastics backgrounds and ages a chance to develop new skills, make new friends and above all have loads of fun! Gymnastics Camp is open to kids ages 5 - 12. The kids will participate in gymnastics, jump rope, arts and crafts, trampoline, movies and more. A schedule for the week will be handed out on the first day of camp. All full day campers will need to bring 2 snacks and a bag lunch each day. Campers also need to bring a water bottle with enough water for the day. Refillable bottles may be filled at the front desk and water is available in the vending machine at a cost of \$1. Names should be clearly labeled on all personal belongings. Personal devices are allowed, however they may not be shared and Youth Sports will not be responsible for loss or damage to the devices.

\*\* Note: Competitive Team Members may participate at any age and specialty camps may have different age requirements.

### **Multi-Family Sibling & Active Military Discount Available**

### **FULL DAY CAMP 5-Days \$250.00** (DISCOUNTED WEEKLY RATE)

(Specialty Camps Girls Team / Boys Gymnastics / Jump Rope Camp \$265.00)

Mon - Friday 730am-4:30pm

(Warm-up and stretches begin at 8:30 am daily)

- Late pick-up after 4:30 available at an additional fee of \$5.00/Hour. (Must be pre-arranged and scheduled)

### **HALF DAY CAMP 5-days \$190.00**

Mon - Friday 7:30 am-12:00 pm

(Warm-up and stretches begin at 8:30 am daily)

### **DAILY RATE /PARTIAL WEEK**

**\$65.00/ Day \$45.00/Half Day**

(Warm-up and stretches begin at 8:30 am daily)

- Late pick-up available at an additional fee of \$5.00/Hour. (Must be pre-arranged and scheduled)
- 10% Sibling Discount** (discount taken after first child)

### **DEPOSIT & PAYMENT INFO.**

**A non-refundable deposit of \$25.00 is due for each week of registration for all camps. Deposit applied toward tuition. Registration is due 2 weeks prior to the start of camp.**

**Please sign this form.**

## YOUTH SPORTS

### Summer Camp Registration Form PARTICIPANT INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

Participant Age: \_\_\_\_\_ (must be 5 years old)

Date of Birth: \_\_\_\_\_

Health / Medications / Allergies \_\_\_\_\_

#### **Please check week (s) of Camp registering For:**

\_\_\_1 \_\_\_2 \_\_\_3 \_\_\_4 \_\_\_5 \_\_\_6 \_\_\_7

\_\_\_8 \_\_\_9 \_\_\_10

\_\_\_ 1/2 Day \$190. / \_\_\_ Full Day \$250.00

\_\_\_ Daily 1/2 Day \$45 / \_\_\_ Daily Full Day \$65.

#### **Please Check Days Attending:**

\_\_\_Mon \_\_\_Tue \_\_\_Wed \_\_\_Thu \_\_\_ Fri \_\_\_ 5 days

\_\_\_GYM\_\_\_CHEER\_\_\_TUMBLING\_

\_\_\_Boys Gymnastics Camp \$265.00

\_\_\_ Girl's Team Camp \$265.00

\_\_\_ Jump Rope Camp \$265.00

#### **PARENT/GUARDIAN INFORMATION**

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

E-mail : \_\_\_\_\_

Emergency Phone # \_\_\_\_\_

Additional Phone # \_\_\_\_\_

#### **INSURANCE / PHYSICIAN INFORMATION**

Physician Name \_\_\_\_\_

Phone # \_\_\_\_\_

Insurance Co. \_\_\_\_\_

ID # \_\_\_\_\_

#### **DEPOSIT / PAYMENT INFORMATION**

Deposit: Cash \_\_\_ Check # \_\_\_ CC \_\_\_ Date \_\_\_

Amount of Deposit Paid \$ \_\_\_\_\_

## YOUTH SPORTS SUMMER CAMP INDEMNITY

*I fully understand that Youth Sports Staff members are not Physicians or Medical Practitioners of any kind. With the above in mind, I hereby release the Youth Sports Staff to render first aid to my child or children in the event of any injury or illness, and if deemed necessary by the Youth Sports Staff to call our doctor and to seek medical help, including transportation by a Youth Sports Staff Member or its representatives, whether paid or volunteer, to seek any health care facility or hospital, or the calling of an ambulance for said child should the Youth Sports Staff deem this to be necessary.*

*We, the staff of Youth Sports recognize our obligation to make our students and their parents aware of the risks and hazards associated with the sports of gymnastics, jump rope, trampoline, tumbling, cheerleading, and dance. Students may suffer injuries, possibly minor, serious or catastrophic in nature. Gymnastics, jump rope, trampoline, tumbling, cheerleading and dance, can be dangerous and lead to injury.*

*Parents should make their children aware of the possibility of injury and encourage their children to follow all safety rules and the coaches' instructions. The Youth Sports, its coaches and other staff members, will not accept responsibility for injuries sustained by any student participating in the Youth Sports Summer Camp Program.. With the above in mind, and being fully aware of the risks and possibility of injury involved, I consent to have my child or children participate in the programs offered by Youth Sports. I, my executors, or representatives, waive and release all rights and claims for damages that I or my child may have against Youth Sports or its representatives whether paid or volunteer. I also affirm that I now have and will continue to provide proper hospitalizations, health and accident insurance coverage which I consider adequate for both by child's protection and my own protection. I also understand that it is the parents' responsibility to warn the child about the dangers of gymnastics and injury. The parent should warn the child according to what the parent feels is appropriate. Youth Sports will only warn the child through "Safety Messages" and our teaching styles and progressions.*

*I/We also give Youth Sports permission to use any videos or photographs of the participant for publicity or promotional purposes.*

Parent/guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Please sign & date here!**