



Inspiring all girls to be
strong, smart, and bold

**Girls Inc. of Greater Santa Barbara
Gymnastics
Summer 2019**

At Girls Inc. gymnastics summer camp, gymnasts will have an exciting and fun-filled day including formal gymnastics instruction, group exercises, games, free-play, crafts, and a weekly performance. Each week will focus on a different theme that will be woven throughout all that the gymnasts do.

Week #1 June 17- June 21 -We Are Creative!

Dance and movement are a huge part of gymnastics and this week is all about channeling your inner creativity and having the courage to express yourself with originality and enthusiasm! Bring your best moves to showcase in your gymnastics routine!

Week #2 June 24- June 28 - We Are Green!

What role can Girls Inc. Gymnastics play in helping save the environment? What are kids doing around the world to help their communities be more sustainable? This week will focus on all the ways we can be more environmentally friendly and protect our world for generations to come!

Week #3 July 1- July 5 - We Are Explorers!

Adventure awaits as we explore the world around us! What animals can be found in and around Santa Barbara? Can you identify the plants and trees we see every day? Let's explore nature as we go on an imaginary camping adventure in the gym!

Week #4 July 8- July 12 - We Are Detectives!

Are you ready to tune into your instincts as you peek around the beams, over the mats, and in the pit to discover clues to solve the case? This week will be action packed as you learn to dust for fingerprints, analyze handwriting, and practice your detective skills!

Week #5 July 15- July 19 - We Are Diverse!

Community, inclusion, and advocacy are the words of the week as gymnasts learn about differences in culture, customs, appearances, abilities, and lifestyles. Come meet new friends and explore your similarities and differences!

Week #6 July 22- July 26 – We Are STEMinist!

From physics on the gym floor to engineering the perfect routine, gymnasts will discover firsthand how science is a part of everything we do. Gymnasts learn science, engineering, architecture, and construction while using their design skills in creative and innovative ways. Full STEAM ahead!

Week #7 July 29-August 2 – We Are Fueled!

Gymnasts have the right to accept and appreciate their bodies and gymnasts do that not only through conditioning, but also by fueling them with healthy and nutritious foods. Fuel up and learn to appreciate your body for all the amazing things it can do!

Week #8 August 5-August 9 – We Are Community!

As the summer closes, gymnasts say farewell to summer and to the community of friends and staff who inspired them to be strong, smart, and bold. Let's celebrate our gymnastics community and the end of an amazing summer!