

## 2020 Camp Ignite Gymnastics

*Each week gymnasts will have the opportunity to explore a variety of activities within their gymnastics experience at Girls Inc. In addition to learning specific skills and techniques on the beam, bars, floor, and tumble track, gymnasts will also have a blast playing games and doing creative projects focused on our session themes.*

### **Session #1      June 15- June 26 -We Are Girls Inc.!**

Being a Girls Inc. gymnast means that you are strong, smart, and bold from your head to your toes. Girls Inc. gymnasts are leaders who support one another and build each other up. This session will focus on our diversity as individual gymnasts and how we can come together as a team to be stronger together than as individuals.

- June 15<sup>th</sup>-June 19<sup>th</sup>—Diversity Among Us
- June 22<sup>nd</sup>-June 26<sup>th</sup>—Teamwork

### **Session #2      June 29- July 10 - We Are Smart!**

Be curious, ask questions, ignite passion, and explore your creativity as you invent, develop, and make clever creations that can help solve problems in the gym. From scavenger hunts to creative problem solving games, gymnasts will discover firsthand how fun thinking outside the box and approaching life with an “I can” attitude can be.

- June 29<sup>th</sup>-July 2<sup>nd</sup>—Detective Week
- July 6<sup>th</sup>-July 10<sup>th</sup>—We Imagine

### **Session #3      July 13- July 24 - We Are Strong!**

Inhale. Exhale. Repeat. Girls Inc. gymnasts are strong in their bodies, minds, and souls. In this session we will focus on four areas of being our strongest selves: physical activity, positive body image, nutrition, and stress management. We will also explore Olympic Sports and Olympians with a focus on teamwork, history, and the upcoming Olympics.

- July 13<sup>th</sup>-17<sup>th</sup>—Health and Wellness Week
- July 20<sup>th</sup>-24<sup>th</sup>— Olympic Week

### **Session #4      July 27- August 7 - We Are Bold!**

Pow! Bam! Zap! Gymnasts unmask the hero inside as they use their power to take risks, increase confidence, and become even more courageous as they test their strength and try out new, more challenging gymnastics skills. Let's be bold and take our gymnastics to the next level!

- July 17<sup>th</sup>-July 31<sup>st</sup>—Explorer Week
- August 3<sup>rd</sup>-August 7<sup>th</sup>—Superhero Week