

KJ's 2018 Summer Camps

Ninja / Gymnastics / Circus camps with a whole lot more!

Circus Camp Week 1: June 25 – June 29

Ringmaster Pat Ferri leads the excitement again. One of KJ's most popular camps! We are thrilled again to have this exciting and energy packed week. Circus stunts to remember! The children will try all types of circus acts from unicycling, juggling, stilts, slack line walking to acrobatics, trapeze work and many balancing skills. Join us for a comical good time!

Ninja Zone Week 1 Week 2: July 9-13

Quintuple steps, jump or leap from pylon to pylons, climb ropes, cargo net & swinging rings. Many physical challenges. On Friday, attempt a huge, full-gym course with all the week's challenges in one. This week develops confidence, strength and endurance. Come and use all our new equipment made special for kids!

Gymnastics Week 1 Week 3: July 16-20

Fun filled week full of gymnastics games, activities & routines. Not only artistic but Rhythmic, Tramp & Tumbling and Acrobatic Gymnastics as well! Try the whole spectrum of Olympic gymnastics! All campers use all equipment in the gym including rings, bars, beams, floor mats and trampolines. Tumbling skills will be done into our foam pit. Campers work on and learn about the importance of flexibility and conditioning.

Disney & Super Hero Week Week 4 : July 23-27

Are you a Princess or a Prince? This your chance to enter the castle and rule with poise! Are you a Superhero? This is your chance to save the city like Spiderman or Supergirl! Join us for this adventure that will engage your imagination. Fly through the air, defeat the baddies, and save the day! Costumes welcome – please wear alternate clothes underneath for safety!

Ninja Zone Week 2 Week 5: July 30-August 3rd

Our 2nd week of warrior fitness challenges, with a couple of additional twists! You should see more confidence, strength and better endurance after a week of these challenges!

Gymnastics Week 2 Week 6: August 13-17

Week 2 of our fun filled gymnastics activities. See Gymnastics week 1 for more details!

The Ultimate Challenge Week Week 7: August 20-24

Every day is an adventure-Push yourself to new heights! Challenges in Ninja, Gymnastics, Obstacle Courses, Team & Minute to Minute.

All this Fun at KJ's Gymnastics - Located at 3143 Rte 9, Valatie, NY (518) 758-2554

**For more information go to www.kjsgymnastics.com
Or e-mail us at kjsgymnastics@gmail.com.**