

Summer Fun



Refreshing and Fun
Water Slide!

National Gymnastics Training Center is home to the National Gymnastics Competitive Team, Shooting Stars, Sky Surfers Trampoline Team and Pacific Stars Cheer Academy.

We have been serving Aliso Viejo and Orange County for 20 years. National Gymnastics seeks to provide top quality gymnastics instruction for children of all levels and abilities. We encourage participation and the pursuit of excellence in all aspects of our program.



National Gymnastics

4 Journey
Aliso Viejo CA 92656
Phone: 949 831-7300
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Email: ngtc@cox.net
www.ngtc.com



National Gymnastics Summer Camps

Gymnastics and
Trampoline Camps
for Boys and Girls
ages 5 years and up.

Gymnastics Camp
offers seven week
long sessions starting
July 5.



949 831-7300
www.ngtc.com

Camps

We have a different theme each week, such as an Olympic theme, with new activities to enhance the camp experience. Activities will include gymnastics, trampoline, tumbling, dance, games, prizes and sports fun.

Our camp provides instruction on all the Gymnastic events, Trampoline, Double Mini and Tumbling skills. We emphasize coordination strength and flexibility, giving a great foundation for Fitness.

Skills, games and contests provide the children an opportunity to interact with their peers, build confidence and self esteem.

Our Coaches are trained and motivated to make the camp the best experience for your child.

National Gymnastics is the home of State, Regional and National Champions.

Our facility is 10,000sq ft of Gymnastics space. We are also home American Taekwondo Center and Tutoring Plus OC.



Daily Schedule

Example of Daily Schedule

8:30-8:45	Warm-up and stretching
8:45-9:00	Strength and Games
9:00-9:30	Event 1 e.g. Tumbling
9:30-10:00	Event 2 e.g. Bars
10:00-10:30	Event 3 e.g. Beam
10:30-10:45	Snack break
10:45-11:00	Games, contests, group sports activity
11:00-11:30	Event 4 e.g. Vault
11:30-12:00	Event 5 e.g. Trampoline
12:00-12:30	Games, contests, group sports activity, strength

Thursday's is Water Slide day!

Friday Parents Show at 12noon.

Theme Weeks

July 5-9	Circus
July 12-16	Team Sports
July 19-23	Olympics
July 26-30	Amazing Race
Aug 2-6	NGTC's got talent
Aug 9-13	Around the World
Aug 16-21	Treasure Hunters



Early Bird

Payments made 2 weeks prior to camp attending will receive \$10 OFF regular Price not to be used with any other coupon

Camp fees

Camp Times: 8:30-12:30pm.

Extended care available until 1pm, \$10 extra.

Camp Fees:

Active members:

5 days \$120 1 day \$30

Non Active members:

5 days \$135 1 day \$35

Discounts only apply to 5 day price (same week). Multiple camp sign-ups will receive an additional \$10 off each camp after the 1st camp.

All non-members must have a NGTC Waiver Form filled out by their parents only.

Application

Campers Name: _____

Address: _____

Phone: _____

Emergency phone: _____

Date of Birth: _____

Gymnastics Level: _____

Camp Week: _____

Payment: _____