

**Come find LCG at local events
around Lake Country this**

summer!!

⇒ **Oyama Days** June 4th

We will have our circus booth and inflatables set up. And don't miss our interclub athletes in the historical Oyama parade at 11am!!

⇒ **Canada Day celebration**

July 1st 9-12pm at Beasley Park

We will have our circus booth, slack line, and inflatable tumble track and mini mountain set up for all to enjoy!

⇒ **Live Music in our Parks!** Free concerts in our parks Saturday's during July and August. LCG will be set up as the children's entertainment at these concerts. www.liveinlakecountry.ca

Interclub try-outs!

Come try our interclub program! Performance, performance plus, and performance challenge teams.

Our interclub program at LCG is a positive program based on effort and team work. This program is designed for athletes who want to take their gymnastics training to the next level while staying in the recreational stream.

Our interclub teams take part in competitions both locally and province wide with an emphasis on local meets.

*****Try outs in June, dates TBA*****

Morning Camps

Monday to Friday 9-12 pm

\$30 a day or sign up for 3 days or more for \$25 a day.

These morning camps are a fun filled combination of gymnastics, parkour, and circus. Each week of camp includes instruction in gymnastics, circus, and parkour while a weekly theme adds a fun twist. Bring water and snack and be prepared for the theme of the week!

July 4-7 inflatable week

July 10-14 outside week

July 24-28 water week

July 31-Aug inflatable week

Aug 8- 11 outside week

Aug 21-25 water week

French Camps

July 17-21 and August 21-25

These unique camps combine the best of gymnastics, circus, and parkour instructed completely in French!! French camp is a great way to ensure your child keeps up their French language skills over the summer while having fun in the gym!!

Half day camp 9-12pm \$150 per week. For ages 5yrs+

Full day camp 9-3pm \$250 per week. For ages 8yrs +

Gym drop ins

Parent and tot (1-5yrs)

Tues/Thur, 10-11am

\$7

6+yrs

Mon/wed 10-12pm

\$10

Evening Drop ins

8yrs+, interclub or comp dancer 7yrs +

These evening drop ins are a great way for your gymnast, dancer, or cheerleader to keep up their skills and strength over the summer. Each night a different skill will be the focus of skills and drills, this is a great way for your athletes to finally master that one elusive skill!!!

Mon/Wed

5-6pm skills and drills

6-7pm tumbling

7-8pm conditioning

Tue/Thur

5-6pm skills and drills

6-7pm jump and leap training

7-8pm flexibility

Nightly skills TBA

Drop in pricing

\$10 per hour drop in

\$80 10x punch card

\$200 one month unlimited

\$300 unlimited frequent flipper

Summer camp registration opens May 1st.

Register online @
lakecountrygymnastics.ca
or call 250.766.4502

Registration for fall gymnastics, circus, aerial, and parkour classes opens Tuesday, July 4.

Please note that all gym students in programs or drop ins need GymBC insurance. Cost will be included in tuition or charged on the first drop-in. This is a one time fee and is valid sept 2017 through August 2018

We host great birthday parties!

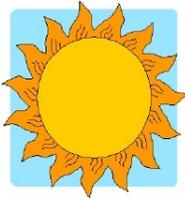


- ◆ Gymnastics, parkour, or circus
- ◆ Coach/host provided
- ◆ A variety of packages available ~ Basic to Supreme ~ check out our website for details!
www.lakecountrygymnastics.ca
- ◆ Starts at \$15/per child



Call or email us to book!
info@Lakecountrygymnastics.ca
250.766.4502

Summer Fun



At Lake Country Gymnastics!!!



Interclub try outs, June!!
Date TBA



Morning camps! Mon to Fri,
9-12pm, ages 5yrs and up



French Camps July 17-21
and August 14-18



Tots drop ins
Tue/thur 10-11am
6yrs+ drop ins
Mon/wed 10-12pm



Evening drop ins Mon-thur
Skills and drills, tumbling,
jump training, conditioning,
and flexibility