

Registration

Registration is completed through the Austin YMCA website. YMCAatARCRC.org Your enrollment and payment through our website will hold your spot!

Non-Refundable Deposit

A \$150.00 non-refundable deposit is required with your completed registration form. The balance is due at registration/check-in. Minimum payment of \$150.00 is due with registration. Registrations without this minimum payment will not be processed and your spot in the camp will not be guaranteed.

Registration Confirmation:

A registration confirmation of deposit/ payment receipt will be sent via email.

Questions?

+1.507.433.1804 ext. 106
www.ymcaatacrc.org
gymnastics@ymcaatacrc.org



Austin's **GYMNASTICS SUMMER CAMP** August 10 – 13, 2023



YMCA at ACRC
501 4th Ave NE
Austin, MN 55912
ymcaatacrc.org

Camp Information

Train with the Director of Austin's Gymnastics Program, Rob Murray, and his coaching staff for a four day, immersive training experience!

Austin's Gymnastics Camp is available to female gymnasts ages 7 to 18. All ability levels are encouraged to participate! Campers will be exposed to a rich experience and a progress oriented environment. Training sessions are designed not only to increase abilities, but more importantly, to bring home from camp the experiences and tools to keep improving all season long. Austin's unique training facility combined with our experienced coaching staff will work to help each athlete understand how to build any element from new and unfamiliar, to confident mastery and how to bring that approach home with them! Athletes will participate in 6 hours of structured gymnastics training each day.

Special Guest Coaches

Will be posted as we get closer to camp!

Camp Schedule (Tentative)

Thursday 5:00pm - 8:00pm

- 5:00pm Check in @ Austin YMCA
- Orientation (skills checklist & goal sheets)
- 6:00pm Open Gym
- 7:00pm Evening swim (optional)

Friday & Saturday 9:00am - 4:00pm

- 9:00am Camper drop-off
- 9:00am Warm-up/workout
- 12:00pm Lunch (provided)
- 1:00pm Afternoon workout

Sunday 9:00am - 12:00pm

- 9:00am Camper drop-off
- 9:00am Warm-up/morning workout
- 12:00pm -12:15pm Group Pictures



Camp Package

Commuter Camper \$420

The Commuter Camper registration fee includes daily instruction, T-shirt, and lunch Friday and Saturday.

Hotel Accommodations

We will again be partnering with Cobblestone Hotel and suites. A discounted rate will be provided when you request to register under the Austin Gymnastics Summer camp block.

Contact Information for
Cobblestone Inn & Suites:
+1.507.433.9797
1000 16th Avenue NW, Austin, MN 55912

Please note that there are no counselors at the hotel. You will also need to provide transport to and from the gym.