

Jump Start Gymnastics



Great Fitness  Great Fun  Great Gymnastics

23700 Mercantile Rd

Beachwood, OH 44122

Rear of: National Biological Building

Phone: (216) 896-0295

Email: jsgymnastics@jsgymnastics.com

Website: jsgymnastics.com

January 25, 2023

Dear Jump Start Families,

Summer is around the corner and it is time to start planning and preparing for the 2023-24 competitive season. We have graduated to a “business as usual” status & timely planning can begin again! However, safety, mandates, your child, and your family regarding all health issues will always be the first priority.

Provided is the 2023 Summer workout schedule. Based on the majority of responses that I received, the practice sessions are scheduled the same as last summer. The summer session is 8 weeks in length, and all practices are held within each weekly camp. The practice days are Monday, Wednesday, & Friday 9:00 am-1:30 pm. Gymnasts may opt to stay until 3 pm each practice day for no additional fee. There will be a 30-minute lunch scheduled within each practice session. A brief warm-up immediately followed by rotational event workouts will begin each practice at 9:00 am. A gymnast may choose as many or as few of the practices that they are able to attend. Family time and vacations are important. A balance that your family is comfortable with is imperative.

Please make your selection of weeks and days and return your gymnast’s schedule via email or hard copy before March 15, 2023. Summer practices are mandatory for all team members and fundamental for building strength and skill acquisition. Please plan to attend as many camp practice weeks as possible, as this will determine your child’s readiness for the 2023-2024 season. Team gymnasts receive priority camp spaces until March 15, 2023. Space can not be reserved for your gymnast if you do not return the 2023 summer schedule.



Summer team billing will be split into 2 payments of \$500.00, due April 15 and June 1, 2023, for a total of \$1000.00 for the 8-week session. Team siblings receive a \$200.00 discount. Each gymnast may opt for additional full days of camp grouped with team gymnasts on Tuesday or Thursday for \$30 per day each week. The camp theme is listed for each week. Aftercare 3:00-5:00 pm is \$10 per day. Preregistration is required for aftercare. There are no refunds for unattended aftercare reservations. If you have any questions or concerns please call or email. Every situation has a solution!

Thank You and Sincerely,

Maureen

Jump Start Gymnastics



Great Fitness  Great Fun  Great Gymnastics

23700 Mercantile Rd
Beachwood, OH 44122
Rear of: National Biological Building
Phone: (216) 896-0295
Email: jsgymnastics@jsgymnastics.com
Website: jsgymnastics.com

SUMMER '23 / NAME:	\$500 4/15/23	\$500 6/1/23
--------------------	------------------	-----------------

Monday	Wednesday	Friday	Tuesday or Thursday Camp add on
9 am-1:30 pm	9 am-1:30 pm	9 am-1:30 pm	9:00 am - 3:00 pm

Week 1	June 12 - 16 THEME: Train like a warrior!	PRACTICE: M /W /F AFTERCARE:	CAMP: T/TH
	PLEASE CHOOSE DAYS FOR EACH WEEK		
Week 2	June 20 - 23 THEME: Dance Explosion	PRACTICE: T /W /F AFTERCARE:	CAMP: TH
NO PRACTICE MONDAY JUNE 19, 2023 – NOTE PRACTICE DAYS NO PRACTICE JULY 3-7, 2023			
Week 3	June 26 - June 30 THEME: Pajama Party!	PRACTICE: M /W /F AFTERCARE:	CAMP: T/TH
Week 4	July 10 - 14 THEME PJ Party - Part 2	PRACTICE: M /W /F AFTERCARE:	CAMP: T/TH
Week 5	July 17 - 21 THEME: IT'S A BAKE OFF!	PRACTICE: M /W /F AFTERCARE:	CAMP: T/TH
	Leotard and warm-up sizing week		
Week 6	July 24 - 28 THEME: Winter in July	PRACTICE: M /W /F AFTERCARE:	CAMP: T/TH
	Competition level determination		
Week 7	July 31 - Aug 4 THEME: Thrills & new skills!	PRACTICE: M /W /F AFTERCARE:	CAMP: T/TH
	Routine composition for the competitive season		
Week 8	Aug 7 - 11 THEME: Best of the Olympics sports	PRACTICE: M /W /F AFTERCARE:	CAMP: T/TH