

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

February 3, 2023

Dear Jump Start Families,

Summer is around the corner and it is time to start planning and preparing for the 2023-24 Prep Team, Pre-Competitive Team, & school year. 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 Prep Team & Pre-competitive workout schedule. The summer session is 8 weeks in length, and all practices are held within each weekly camp. The practice days are Tuesday & Thursday 9:00 am-1:30 pm. Prep & Pre-competitive team 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. Each practice schedule begins with a brief warm-up immediately followed by rotational event workouts 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.

If your gymnast is skill-ready to move to the USAG competitive team, we will have a parent meeting in early August to address all questions, concerns, & commitment levels required. It is a sizable time commitment & important family decision. The 2022-23 Team practice & meet schedule is online under the team tab at jsgymnastics.com. This will provide a general idea for the 2023-24 year long season schedule.

Please make your selection of weeks and days and return your gymnast’s schedule via email or hard copy before March 15, 2023. Please let us know if you are not attending the summer practice session. Summer practices are 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. Prep & Pre-competitive Team gymnasts receive priority camp spaces until March 15, 2023.

The summer session fee for Prep & Pre-Team Summer team gymnasts attending the majority of the 8-week session – this is the best value – billing will be split into 2 payments of

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\$400.00, due April 15 and June 1, 2023, for a total of \$800.00 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 Monday, Wednesday, or Friday for \$30 per day each week.

If you are selecting far fewer practice days & the full summer option doesn't make sense, those practices that you select are the same cost as the regular camper fees. These costs are listed under the camp tab at jsgymnastics.com. The gymnasts will still be grouped with Prep Team on their selected practice days.

The camp theme is listed for each week. It is important to keep summer play in the camp experience.

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

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SUMMER '23 / NAME:	\$400 4/15/23	\$400 6/1/23
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Tuesday	Thursday	Monday Wednesday or Friday Camp add on \$30 per day
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: TU / TH AFTERCARE:	CAMP: M / W / F
	PLEASE CHOOSE DAYS FOR EACH WEEK		
Week 2	June 20 - 23 THEME: Dance Explosion	PRACTICE: TU / TH AFTERCARE:	CAMP: M / W / F
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: TU / TH AFTERCARE:	CAMP: M / W / F
Week 4	July 10 - 14 THEME PJ Party - Part 2	PRACTICE: TU / TH AFTERCARE:	CAMP: M / W / F
Week 5	July 17 - 21 THEME: IT'S A BAKE OFF!	PRACTICE: TU / TH AFTERCARE:	CAMP: M / W / F
Week 6	July 24 - 28 THEME: Winter in July	PRACTICE: TU / TH AFTERCARE:	CAMP: M / W / F
Week 7	July 31 - Aug 4 THEME: Thrills & new skills!	PRACTICE: TU / TH AFTERCARE:	CAMP: M / W / F
Week 8	Aug 7 - 11 THEME: Best of the Olympics sports	PRACTICE: TU / TH AFTERCARE:	CAMP: M / W / F