

**Owner & Head Coach Lisa Cain**

- Former National Team Member
- USA International Competitor
- USAG Professional Member
- USAG Safety Certified
- Professional Stuntwoman
- Appearing in 75 films



Enrolling Now

**Call: 804-360-9490**

[Info@TwistGymnastics.com](mailto:Info@TwistGymnastics.com)

[www.TwistGymnastics.com](http://www.TwistGymnastics.com)

## **\*\*2019 GIRLS SUMMER CAMPS\*\***

½ Day & Full Day Programs Available for girls ages 5+

Enjoy the fun of summer gymnastics in our fully air conditioned facility!!

### **½ Day Camp Program**

9:00am – 12:00 - Monday – Friday

#### **Mornings at Twist**

Campers train on all gymnastics events every day. Excellent training for all skill levels accommodated with a student to coach ratio of 6 to 1.

Offered: June 24 – June 28 , July 8 – 12, July 16 – 21, July 22 – 26, July 29 – August 02, Aug 05 – 09, Aug 12 – 16, Aug 19 – 23.

Cost: \$180. Sibling Rate: \$145.00. Single Day Rate: \$45, Sibling Day Rate: \$40.

### **Full Day Camp Program**

9:00am – 4:00pm - Monday – Friday

#### **"Teamed Up" Camp**

Spend your morning at Twist Gymnastics tumbling, bouncing and flipping while you build your gymnastics skills. Bring your lunch to enjoy in our party area afterwards. Then spend your afternoons cooking up some fun with Young Chefs Academy; with delicious and fun recipes designed to fuel an athlete's body.

Offered: June 24 – June 28 , July 8 – 12, July 15 – 19, July 22 – July 26, July 29 – August 02, Aug 5 – 09, Aug 12 – 16.

Cost: \$380. Sibling Rate: \$325.00. Single Day Rate: \$95, Sibling \$86.

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## **\*\*Half Day GIRLS SUMMER CAMPS\*\***

Enjoy the fun of summer gymnastics in our fully air conditioned facility!!

1/2 Day Program - 9:00am – 12:00 - Mon - Friday  
For Girls ages 5+

### Program Schedule

9:00 - 9:30	Rockin Warm-Up
9:30 - 10:00	1 <sup>st</sup> Rotation
10:00 - 10:30	2 <sup>nd</sup> Rotation
10:30 - 10:45	Juice Break
10:45 - 11:15	3 <sup>rd</sup> Rotation
11:15 - 11:45	4 <sup>th</sup> Rotation
11:45 - 12:00	Rockin Wrap-up

### Program Weeks

June 24 – 28  
July 8 - 12  
July 15 - 19  
July 22 - 26  
July 29 – Aug 2  
Aug. 5 - 09  
Aug. 12 -16  
Aug. 19 – 23

**Cost: \$180.00 Sibling Rate: \$145.00**  
**Individual Day Rate: \$45.00, Sibling Day Rate: \$40.00**

**Limited enrollment please call or email for availability!**



**804-360-9490**

**804-360-9797**

**\*\*5 full days of Fun\*\***

**9:00am – 4:00pm**

Twist Gymnastics and Young Chefs Academy

have TEAMED UP....

Spend your morning at Twist Gymnastics tumbling, bouncing and flipping while you build your gymnastics skills. Bring your lunch to enjoy in our party area afterwards. Then spend your afternoons cooking up some fun with Young Chefs Academy; with delicious and fun recipes designed to fuel an athlete's body.

Our TEAMED UP camp will be offered:

June 24 – June 28 , July 8 – 12, July 15 – 19, July 22 – July 26,  
July 29 – August 02, Aug 5 – 09, Aug 12 – 16.

Cost: \$380    Sibling Cost: \$325 - Individual Day: \$95    Sibling Day: \$86

**TWIST GYMNASTICS CAMP 2019**

Student's Last Name: \_\_\_\_\_

<b>Half Day Camp - \$180 Per Week</b>		<b>Teamed Up Camp - \$380 Per Week</b>	
6/24 - 6/28: _____	7/29 - 8/2: _____	6/24 - 6/28 _____	7/29 - 8/02 _____
7/8 - 7/12: _____	8/5 - 8/09: _____	7/08 - 7/12 _____	8/5 - 8/09 _____
7/15 - 7/19: _____	8/12 - 8/16: _____	7/15 - 7/19: _____	8/12 - 8/16 _____
7/22 - 7/26: _____	8/19 - 8/23: _____	7/22 - 7/26: _____	
<b>50% Deposit required to hold you place in camp</b>			

Students Name: \_\_\_\_\_ Age: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Mom's Name: \_\_\_\_\_ Dad's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_ Relation: \_\_\_\_\_

Email Mom: \_\_\_\_\_

Email Dad: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_

Medical History: Please indicate any medical condition that may be cause or our concern for your child's participation in gymnastics activities. All information is strictly confidential.

Existing medical conditions / limitations: (Be specific): \_\_\_\_\_

Allergies: \_\_\_\_\_

Medications: \_\_\_\_\_

I verify that my child is in good health for participation in gymnastics activities and that all information is correct.

In the event that my child becomes ill or requires medical attention, the present supervisor at Twist Gymnastics has my permission to have her / him treated if I cannot be contacted.

I hereby agree to hold harmless Twist gymnastics and its instructors for any accident occurring in the gymnasium.

Twist Gymnastics has permission to use photos of my Student for promotional purposes (We never use names).  
\_\_\_\_\_ Initial Here.

\_\_\_\_\_  
Signature of parent / Guardian

\_\_\_\_\_  
Date

Twist Gymnastics  
2130 John Rolfe Parkway  
Henrico, VA 23233

Date: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Parent / Guardian: \_\_\_\_\_

**RELEASE**

As the legal guardian of (child) \_\_\_\_\_, I agree that gymnastics or any activity that involves motion, rotation, and height in a unique environment carries with it a reasonable assumption of risk. Twist Gymnastics is bound by law to inform all participants and their parents or guardians of the risk involved in the activity of gymnastics. Anyone participating in the Twist Gymnastics program (along with those legally responsible for the participant) must sign this release and adhere to the safety rules governing the gymnasium.

By the very nature of the activity, gymnastics carries a risk of physical injury. No matter how careful the gymnast and the coach are, no matter how many spotters are used, no matter what height is used, no matter what landing surface, the risk cannot be eliminated. Reduced, yes, but never eliminated. The risk of injuries includes minor injuries such as bruises, and more serious injuries such as broken bones, dislocations, and muscle pulls. The risks also include catastrophic injuries such as permanent paralysis or even death from landing or fall on the back, neck or head.

In consideration of Twist Gymnastics acceptance of the applicant (s), and in the consideration of the applicant's opportunity to improve gymnastic skills through the use of Twist staff, equipment and facilities, those legally responsible of the named enrolling student(s) realize the risk of injury involved and hereby agree to assume the responsibility of such for said student(s) and further agree to save and hold harmless Twist Gymnastics, its employees, and all others concerned, and to indemnify them against loss.

Intending to be legally bound, our signature is offered hereto: By signing below I acknowledge the above release and agree to abide by the Rules and Regulations of Twist Gymnastics.

\_\_\_\_\_  
Parents Signature

\_\_\_\_\_  
Date