



# RGAA

ROCHESTER **GYMNASTICS** ACADEMY

FALL CAMP  
2020/2021

- Camp to be broken up by Ages/Gender in to 3 Groups (Numbers depending)
- Camp to be run with 3 Rotations: Gym Time, School Time, Activity Time
- Each Rotation will be 1hr, 10 minutes long

**MORNING  
CAMP**

	GROUP 1	GROUP 2	GROUP 3
8:00 – 9:10	GYM TIME	SCHOOL TIME	ACTIVITY TIME
9:10 – 10:20	SCHOOL TIME	ACTIVITY TIME	GYM TIME
10:20 – 11:30	ACTIVITY TIME	GYM TIME	SCHOOL TIME

**LUNCH TIME**

**AFTERNOON  
CAMP**

	GROUP 1	GROUP 2	GROUP 3
12:30 – 1:40	GYM TIME	SCHOOL TIME	ACTIVITY TIME
1:40 – 2:50	SCHOOL TIME	ACTIVITY TIME	GYM TIME
2:50 – 4:00	ACTIVITY TIME	GYM TIME	SCHOOL TIME



XCEL GYM



ACTIVITY TIME  
Games, Reading

XCEL GYM

GYM TIME

HIGH SCHOOL GYM



SCHOOL TIME

1:10

1:10

1:10

## OUR 3-ROTATION APPROACH TO THE FALL CAMP



XCEL GYM



**ACTIVITY TIME**  
Games, Reading

XCEL GYM

**GYM TIME**

Gymnastics Instruction and  
tutorage

HIGH SCHOOL GYM



**SCHOOL TIME**

## ACTIVITY TIME

- Attendees will engage in quieter activities and educational board games.
- We encourage you to bring a book or to do school work.
- If you prefer to do school work, then you would be welcome to join the SCHOOL TIME during this rotation

## GYM TIME

- Attendees will be receive quality gymnastics instruction.
- Our experienced instructors will exposed/train you in the various aspects of gymnastics
- Education/Training will work at the pace of the child

## SCHOOL TIME

- Attendees are encouraged to bring school work.
- We will NOT be tutoring, but will be available for any help.
- WiFi and a quiet working experience will be provided
- All 'students' will be spaced appropriately.

# FALL CAMP 2020/2021

- Visit our Parent Portal at [www.rochesterGA.com](http://www.rochesterGA.com)
- Select the day, time (morning or afternoon), reserve your spot, and let us do the rest.
- Our mission for this unusual time of hybrid schooling, is to take the worries of 'what do we do with our child' off your shoulders.
- WE DO ENCOURAGE YOU SEND YOUR CHILD WITH SCHOOL WORK, A BOOK, SOMETHING EDUCATIONAL.
- This is our way of engaging your child in the wonderful sport of gymnastics, while at the same time letting them hopefully train their brain.



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... AN ACTIVE CHILD IS A HEALTHY CHILD...