

# Summer Rhythmic Gymnastics Camp



**Camp Location:** (Please do not send registration form here)  
LCCC : 1933 NE 125th Street., Seattle, WA 98125

**Date:**  
A: July 15<sup>th</sup> Monday – July 19th  
B: August 5<sup>th</sup> Monday – August 9th

## Special offer

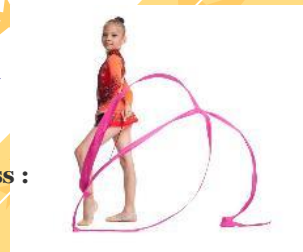
Sign up before May 30<sup>th</sup> **\$165 per week**  
(if you sign up after May 30<sup>th</sup> \$190 per week)

Each week of camp the children work on developing their basic skills: somersaults, cartwheels, bridges, pivot turns, jumps, leaps, and much more. We will also be learning new skills with the Rhythmic gymnastics apparatus: jump rope, ball, hula hoop, and ribbon. Then all of these skills will be beautifully choreographed with music and dance to showcase at the end of the week.

- \* 20% discount for siblings
- \* Age: 7 year old to 11 year old

Attendees who complete the session will receive:

- \* Rhythmic gymnastics ribbon
- \* Certificate



**To register, send the registration form with your check to the following address :**  
**102 NE 125<sup>th</sup> st., Seattle, WA 98125**

Any question? Call Hitomi Sliva **206-251-1779** or Email [hitomih30@hotmail.com](mailto:hitomih30@hotmail.com)

### Sample day schedule

- 9:00 Arrival and registration
- 9:15 Stretch and Ballet
- 10:00 Gymnastics practice  
(Jumps, leaps, turns, cartwheels etc)
- 11:30 Lunch (Each child bring own food and drink)
- 12:30 Rhythmic Gymnastics Apparatus practice  
(Jump rope, Hula Hoop etc)
- 1:15 Rhythmic Gymnastics routine (Choreograph)
- 2:30 Snack
- 2:45 Craft/Game time (Game, Origami, greeting cards etc)
- 4:00 Pick up (Showcase on Friday 3:40-4:00)

### What to bring

2 sets of practice wear (Leotards would be great) so that kids can change since they will sweat, Lunch, snack, drink (minimum 3 bottle of water), yoga mat optional, socks optional, Long hair must be tied (Ballet bun or pony tail)



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Keep the upper portion for your records and bring or mail the lower portion with your payment payable to the program instructor. Registrations are accepted and confirmed only with the completed and signed registration form and accompanied with full payment.

### Camp Registration Form / Mail to Hitomi Sliva : 102 NE 125<sup>th</sup> st., Seattle, WA, 98125

Student \_\_\_\_\_ Age \_\_\_\_\_ School & District \_\_\_\_\_  
Parent \_\_\_\_\_ Phone \_\_\_\_\_  
Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_  
I give my child \_\_\_\_\_ permission to participate in Rhythmic Gymnastics Classes  
With Check# \_\_\_\_\_ Check Amount of \_\_\_\_\_ Date \_\_\_\_\_

Hold harmless Agreement. The undersigned parent/student indemnifies and hold La Luna Rhythmic Gymnastics Academy and its agents from liability whatsoever for any damages and injuries and from any and all claims and demands, including attorney's fees, arising out of the party's participation in rhythmic gymnastics classes provided by Hitomi Sliva.

I have read the above and understand the terms of this registration form dated \_\_\_\_\_ of \_\_\_\_\_ 2013.

Parent Signature \_\_\_\_\_