

Facility

Balcony Gymnastics and Youth Sports Complex is a 25,000 square foot fully air-conditioned state of the art Gymnastics Training Facility.

- * Four Vault Stations
 - * Resi & loose foam landings
- * Three Complete AAI Uneven Bar sets
 - * Resi & Loose Foam landings
- * Five single rail bar systems
 - * Resi & Loose Foam landings
- * Eleven Balance Beams
 - * Loose Foam Dismount Beam
- * Two Full Floor Exercise
 - * Tumbling into Loose Foam & Resi
- * 30' In-ground Tumble Trak
 - * Loose foam landing
- * In-ground Trampoline
- * Separate Dance Facility
- * Complete ProShop
 - * Camp Attire (shirts, shorts, leotards, etc..)
 - * Newest Apparel available
- * Full Service Concession Stand
- * Complete Fitness Center
 - * 5 Treadmills
 - * 2 Elliptical trainers
 - * Complete Free Weight training
 - * Weight Machines
- * Clean Restrooms with Showers



www.BalconySports.com

Balcony 2009 Summer Gymnastics Camp
Balcony Gymnastics and Youth Sports
1220 SW 33rd Avenue
Ocala, FL 34474



INFORMATION

Balcony's Summer Camp is a valuable learning experience for girls Level 2 - 10. Not only is it an opportunity to learn from some of Florida's top coaches, it is a chance for the gymnasts to meet and fellowship with others whose goals and dreams are similar. The schedule is broken up so each camper's experience is one of learning new skills, meeting new friends and of excitement and fun! All campers when not in the gym are closely chaperoned at all activities and at the Hotel. Campers will be transported to and from the hotel and all activities via buses. Please know that each campers' safety and experience is our main priority.

REQUIREMENTS

This camp is for girls ages 8 - 18. All campers must be a registered AAU member. Campers can obtain their AAU membership online at www.aausports.org.

CAMP FEES

Overnight Camper

TOTAL COST - \$295.00*

Camp Fees include: Housing, All meals, all activities, Camp T-shirt and great gymnastics training. All the Fun each camper will have is absolutely FREE!

Commuter Camper

We encourage all campers to enjoy the "Camp experience". We understand the need for some to commute and will take each request on an individual basis.

www.BalconySports.com

HOUSING

All Campers, coaches and chaperones will be staying at the newest premier hotel in Ocala, Holiday Inn & Suites Conference Center. The hotel is fully self enclosed for the safety of our campers. There will be 24 hour security along with chaperoned supervision with lights out at 10:30.

REGISTRATION

Registration deadline is JUNE 1, 2009. To Register, you can either send contact information to: Michael Hamer at BalconyCamp@aol.com or call 352-401-3663. A complete registration packet will be sent immediately to you. We encourage gym owners and coaches to give us a call for more information.

Payment can be made via Check, Visa, Mastercard, Discover, or American Express.

* There are no refunds after June 1, 2009.



QUESTIONS?

(352) 401 - 3663

(352) 817 - 9270

BalconyCamp@aol.com

CHAPERONES

Volunteer Chaperone positions are available for parents of gymnast attending camp. Those who are chosen to chaperone will have their food and lodging provided. Chaperones are chosen on a first come first serve basis. Anyone interested or has any questions, needs to contact Nancy Tuten at (352) 427-1732 or (352) 401-3663



COACHES

"We Want You".... Current gymnastics coaches coming with or without a team! Great facility to train, great fun! All working coaches selected will have their lodging and meals provided as well as other amenities. Shadowing allowed to visiting coaches as well. We need coaches commitment by JUNE 1, 2009. Contact Michael Hamer at BalconyCamp@aol.com, (352) 401-3663 or (352) 817-9270.

*CAMP SCHEDULE

THURSDAY

Check In by 11am	
12:00pm - 12:30pm	Break into groups
12:30pm - 5:00pm	Afternoon Training
5:00pm - 6:30pm	Pizza Party at Gym
7:00pm	Hotel Check In

FRIDAY

8:00am - 9:00am	Breakfast at Hotel
9:00am - 12:30pm	Morning Training
12:00pm - 3:30pm	Lunch/Lake/Rest
3:30pm - 6:30pm	Afternoon Training
6:30pm - 7:30pm	Dinner
8:00pm - 10:00pm	Ice Cream/Pool Party

SATURDAY

8:00am - 9:00am	Breakfast at Hotel
9:00am - 10:00am	Rest/Pool time
10:30am - 1:00pm	Morning Training
1:00pm - 3:30pm	Lunch/Activity
3:30pm - 6:30pm	Afternoon Training
6:30pm - 7:30pm	Dinner
7:30pm - 9:00pm	Skit Night Awesome Dance Party at Hotel

SUNDAY

9:00am - 10:00am	Breakfast at Hotel
10:00am - 12:00pm	Open gym/Show Off*
12:00pm - 1:00pm	Camper Awards

*Tentative Schedule times may change

*Parents are invited to Sunday's Show off Session and Awards.

