



# Essendon Keilor Gymnastics Academy

## GYM CAMP

### 3-DAY GYMNASTICS INTENSIVES

#### Each session will include;

- Warm Up
- Floor Tumbling
  - Bars
  - Beam
  - Vault
- Trampoline/Tumble Tramp
- Cool down & Stretching

All sessions are taught by  
EKGA gymnastics coaches

#### 2 streams available

- 1 - Beginners & Level 1 Gymnasts
- 2 - Level 2 & 3 Gymnasts

#### When

Tuesday 21 - Thursday 23 September  
12:00-3:00pm

OR

Monday 27 - Wednesday 29 September  
12:00-3:00pm

#### Book online

[www.ekga.com.au](http://www.ekga.com.au)

or us a call on

9336 4077

#### Cost

\$150 for 3 days