

## Gymnastics/Dance Creations



### "Let's Move" Pullman!

Let's Move! is a comprehensive initiative, launched by the First Lady Michelle Obama dedicated to solving the challenge of childhood obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams.

National statistics have shown that nearly one-third of America's children are overweight or obese. They also show one-third of individuals born in the year 2000 or later will suffer from diabetes, while others will experience chronic obesity-related health problems like heart disease, high blood pressure, cancer, and asthma. Obesity in America has grown from a personal health issue to a national epidemic, and we must take action at the local level.

Join Mayor Glenn Johnson, Pullman Parks & Recreation and other various organizations within Pullman as they combine resources in an effort to improve physical fitness and reduce obesity. Be on the lookout for some programs and activities that will be taking place in Pullman in the upcoming months to address this growing health epidemic. For more information, please call Pullman Parks & Recreation 338-3227.



### All gymnastic programs are held at Palouse Empire Gymnastics, 810 N Almon, Moscow

#### CAMP! Girls Gymnastics

For girls ages 6-12 yrs. All skill abilities welcome. Come enjoy getting fit while learning to flip! Campers will participate in all of the gymnastics events including vault, bars, beam, floor, and trampoline. Camp T-shirt, craft, and snack provided.

6-12 yrs

Tu-Th .. Jun 12-14 .....12:00-3:00pm....\$73

Tu-Th .. Jul 10-12 .....12:00-3:00pm....\$73

Tu-Th .. Jul 31-Aug 2.....12:00-3:00pm....\$73

#### CAMP! Tumbling & Trampoline

For boys and girls ages 6-17 yrs. All skill abilities welcome. Campers will learn flipping and non-flipping skills on Tumble Trak, Trampoline, Mini Tramp and Floor Exercise. A great supplement for cheerleaders, free runners, or martial arts athletes too. Camp T-shirt, craft, and snack provided.

6-17 yrs

Tu-Th .. Jun 19-21 .....12:00-3:00pm....\$73

Tu-Th .. Jul 24-26 .....12:00-3:00pm....\$73

Tu-Th .. Aug 7-9 .....12:00-3:00pm....\$73

#### CAMP! Girls Rhythmic Gymnastics

For girls ages 6-12 yrs. Come experience the beautiful sport of Rhythmic Gymnastics. We will combine dance and gymnastics while using ball, hoops, ribbons, clubs, and rope. Camp T-shirt, craft, and snack provided.

6-12 yrs

Tu-Th .. Jun 26-28 .....12:00-3:00pm....\$73

#### CAMP! Mini Cheer for Girls

For girls ages 5-8 yrs. Cheers, dance routines, stunts, and tumbling are all included in this exciting camp. Camp T-shirt, craft and snack provided. Cheerleaders participating in either session will be invited to march in the Lentil Festival Parade with PEG. Campers must have black workout shorts, white sneakers, and socks for the parade only.

5-8 yrs

Tu-Th .. Jul 10-12 .....12:00-3:00pm....\$73

Tu-Th .. Aug 14-16 .....12:00-3:00pm....\$73

### Dance Dynamics Summer Workshops!

Energetic workshops filled with jazz, tap, hip hop, and more. Great workshops to sample a variety of new styles or brush up on previous dance skills. The programs are for girls and boys! Please wear comfortable clothes, P.E.-style soles (non-marking shoes), and bring a water bottle marked with participants name.

Instructor: Heather Havey

Location: Pioneer Center

Min 4/Max 8

#### 3-4 yrs

TuTh..... Jul 17-26..... 9:30-10:00am .....\$20

#### Preschool & Kindergarten

TuTh..... Jul 17-26..... 10:00-10:45am.....\$26

#### 1st-3rd gr

TuTh..... Jul 17-26..... 11:00-11:45am.....\$26

#### 2nd-4th gr

TuTh..... Jul 17-26..... 3:30-4:15pm .....\$26

#### 4th-6th gr

TuTh..... Jul 17-26..... 4:15-5:00pm .....\$26

#### Family Fun Dance Series

Have fun moving and grooving with your child. The class will provide ideas you can do at home to include fitness and dance into your family routine.

#### Toddler Time

2-3 yrs with adult

M ..... Jul 16-30..... 9:30-10:00am .....\$20

#### Baby & Me

Adult & baby: 9 mths-2 yrs

M ..... Jul 16-30..... 10:30-11:00am.....\$20

#### Creative Movement & Dance

Family Style! Children: 4-6 yrs with adult

M ..... Jul 16-30..... 4:30-5:00pm .....\$20

#### Note to Participants' Parents/ Guardians:

Due to the limited amount of space in most of our teaching areas, siblings are not allowed to participate in programs unless they are enrolled. This will allow our instructors to continue to provide small student-to-teacher ratios, which make our programs great.