

# Summer Camp FAQs

## *What are the prerequisites to attend summer camp?*

For Girls and Boys Recreational Gymnastics, you must be between ages 6-12 years to attend camp and adhere to all camp policies regarding behavior to attend camp. **For Coed PreK Gymnastics Camp, you must be between ages 3-5y, fully potty trained (no diapers, no guardian required for the bathroom), and adhere to all camp policies regarding behavior to attend camp.**

## *What does the camp day look like?*

We've got a camp day plan with something for everyone! With weekly camp themes, each individual week has enough variety to keep the fun going for all campers. At the end of the week, all parents will receive a short video collection of some of the fun activities from the camp week.

**Girls Camp (6-12y)** Two women's gymnastics events in the morning and two in the afternoon with the day games and obstacle courses to break up the day!

**Boys Camp (6-12y)** Three men's gymnastics events in the morning and three in the afternoon with games and obstacle courses to break up the day!

**Preschool (3-5y)** Obstacle courses, trampoline, games, crafts, and more await our PreK camp attendees!

## *Who coaches summer camp?*

Our expert year-round and seasonal instructors! All of our camp coaches are background-checked, First Aid/AED Certified, and USAG SafeSport certified.

## *Where is your camp located?*

Our day camp happens right here at Pacific Coast Gymnastics! We make full use of the gym for our campers, both inside and outside. Fun fact! During summer camp season, we outfit our outdoor space with turf and an awning, allowing us to host activities like water balloon tosses, outdoor stretching, and crafts no matter the weather.