

CRIMSON HEAT SUMMER CAMP

WWW.CRIMSONHEAT.COM

INFO@CRIMSONHEAT.COM



10 weeks: June 21, 2010 – August 27, 2010

MONDAY – FRIDAY
9:00 A.M. – 4:30 P.M.

**** Ask about our extended hours! ****

Cheerleading * Fieldtrips * Gymnastics * Swimming
Games * Dance * MUCH MORE!



About our Camp

Building Confidence, Skills, and a whole lot more...

The Crimson Heat summer camp combines great cheerleading and gymnastics training with fun-focused recreational activities for the ultimate summer camp experience. We have staffed our camp with some of the best instructors in the country. We have also hired experts in their field to provide top notch enrichment and recreational activities for our campers. From learning to bake amazing cakes, to learning to take beautiful portraits, our recreational line-up is superb!

Crimson Heat provides a unique environment to our campers with the perfect balance of gymnastics training and a traditional summer camp experience.

Our Program

Our primary focus is to further develop our campers as cheerleaders and gymnasts but more importantly as people. Our skills training program along with our fun recreational activities allow campers to gain self confidence and feel positive about themselves and their accomplishments inside and outside of the gym.

We take pride in maintaining a low instructor/pupil ratio of 1 to 8. Our Instructors set individual goals with their campers and teach new cheer and gymnastics skills with each individual camper as well as improve the technique of their current skills.

Every day our camp instructors will facilitate training sessions, games and recreational activities to help our campers meet new friends, learn new skills, develop self-esteem and most importantly have FUN! The camp also includes weekly field trips to provide cultural enrichment to our campers.

Crimson Heat Summer Camps offer three programs, one for your younger campers, one for our youth campers and a final one for our pre-teens. Our groups make the camp population just the right size. We're large enough to provide a challenging and varied camp program that caters to each age group. At the same time, we're small enough to allow our entire staff to know your child personally. We believe this structure helps us to maintain the family atmosphere that characterizes Crimson Heat.



Program Highlights

- First Aid and CPR Certified Staff
- Small Staff to Student Ratio
- Boys and Girls are Welcome
- New 16,000 sq.ft. facility

\$125.00 per week!

When you buy 8+ Weeks!

\$150.00 per week!

When you buy 5+ Weeks

\$175 per week!

When you buy 1+ Week

Group I - Sparklers

Pre-K – 1st Grade

This program is tailored to support our younger campers. Staff is selected specifically for their qualifications and experience with teaching children of this age. Training and recreational activities will be planned and catered to this younger audience.

Group II - Fireflies

2nd – 4th Grade

This group is intended for our youth campers. We have several FUN-FILLED events planned to challenge the growing inquisitive nature and active behaviors of this group. Group II campers will enjoy quality instruction and hands on, interactive activities throughout this camp experience.

Group III - Torches

5th – 6th Grade

Our Group III curriculum is designed for our young adults to build interpersonal and leadership skills. The activities planned for this group will have them exploring NEW IDEAS while challenging their creativity, enhancing their problem solving skills and promoting innovative thinking.



Typical Daily Schedule

MONDAY/FRIDAY CAMP SCHEDULE	
7:00 A.M. – 9:00 A.M.	BEFORE CARE
9:00 A.M. – 9:15 A.M.	GROUP DEVOTIONAL
9:15 A.M. – 9:30 A.M.	GROUP STRETCH/WARM-UP
9:30 A.M. – 10:00 A.M.	GROUP I – ACTIVITY I GROUP II – ACTIVITY II GROUP III – ACTIVITY III
10:00 A.M. – 10:15 A.M.	SNACK TIME
10:15 A.M. – 10:45 A.M.	GROUP I – ACTIVITY II GROUP II – ACTIVITY III GROUP III – ACTIVITY I
10:45 A.M. – 11:15 A.M.	GROUP I – ACTIVITY III GROUP II – ACTIVITY I GROUP III – ACTIVITY II
11:15 A.M. – 11:50 P.M.	LUNCH
11:50 P.M. – 12:00 P.M.	CLEAN UP
12:00 P.M. – 12:10 P.M.	PREPARE FOR SWIMMING
12:10 P.M. – 12:15 P.M.	BOARD BUS FOR SWIMMING
12:30 P.M. – 2:15 P.M.	SWIMMING AT SPORTS AND LEARNING COMPLEX
2:15 P.M. – 2:30 P.M.	LOAD BUS FOR RETURN TO THE FIREHOUSE
2:30 P.M. – 2:45 P.M.	RETURN TO THE FIREHOUSE
2:45 P.M. – 3:00 P.M.	SNACK TIME

TUESDAY/THURSDAY CAMP SCHEDULE	
7:00 A.M. – 9:00 A.M.	BEFORE CARE
9:00 A.M. – 9:15 A.M.	GROUP DEVOTIONAL
9:15 A.M. – 9:30 A.M.	GROUP STRETCH/WARM-UP
9:30 A.M. – 10:35 A.M.	GROUP I – ACTIVITY I GROUP II – ACTIVITY II GROUP III – ACTIVITY III
10:35 A.M. – 10:55 A.M.	SNACK TIME
10:55 A.M. – 12:00 A.M.	GROUP I – ACTIVITY II GROUP II – ACTIVITY III GROUP III – ACTIVITY I
12:00 P.M. – 1:00 P.M.	LUNCH
1:00 P.M. – 1:15 P.M.	CLEAN UP
1:15 P.M. – 2:20 P.M.	GROUP I – ACTIVITY III GROUP II – ACTIVITY I GROUP III – ACTIVITY II
2:20 P.M. – 3:30 P.M.	ACTIVITY IV (ALL GROUPS)
3:30 P.M. – 3:45 P.M.	SNACK TIME
3:45 P.M. – 4:30 P.M.	OPEN GYM
4:30 P.M. – 6:00 P.M.	AFTER CARE

WEDNESDAY CAMP SCHEDULE	
7:00 A.M. – 9:00 A.M.	BEFORE CARE
9:00 A.M. – 9:15 A.M.	GROUP DEVOTIONAL
9:15 A.M. – 9:30 A.M.	BOARD THE BUS FOR FIELD TRIP
10:00 A.M. – 2:00 P.M.	FIELD TRIP
2:30 P.M. – 4:30 P.M.	ACTIVITY I (ALL GROUPS) **CONTESTS FOR PRIZES**
4:30 P.M. – 6:00 P.M.	AFTER CARE

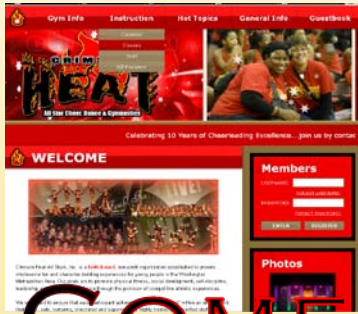


Crimson Heat Summer Camp

Join us for a summer filled with excitement, laughter and fun. We are dedicated to the enrichment of the youth in our community and are extremely excited about sharing our summer with you!

Registration

Our slots are limited therefore it is important that you register as soon as possible. Log onto our website at www.crimsonheat.com follow the link to Instruction, Classes. Submit your registration contact information and choose your classes. Stop by the gym and pay your \$100 non-refundable registration fee. This initial payment must be made in the form of a money order. That's all it takes!



COME JOIN THE FUN!

**** Limited Slots Available ~ Register Online TODAY! ****

Crimson Heat Summer Camp

Crimson Heat All Stars, Inc.

9120 East Hampton Drive
Capitol Heights, MD 20743
(301) 808-9801

info@crimsonheat.com
www.crimsonheat.com