

# Tumbling For Cheerleading Camp

## Camp Description:

### Tumbling for Cheerleading

6-17 yrs / 1 wk starting Aug 8 / \$174

Bring out the spirit while learning and improving tumbling skills useful for tryouts or routines! Beginner to experienced cheerleaders will focus on strength, flexibility, partner stunts, tumbling and more in the comfort of an air-conditioned, fully equipped gymnastics facility. Activities and stunts are appropriate to age and skill level.

[RP7353.801](#) Columbia Gymnastics 6-12 yrs 1-4 PM M-F

[RP7353.802](#) Columbia Gymnastics 12-17 yrs 1-4 PM M-F

## What to Bring:

Eat a quality breakfast each morning. Please bring a small daypack with a full non-leaking water bottle and a non-perishable lunch. **Please do not bring any food items that contain any peanut or nut products (other children may be allergic). No Cell Phones or Electronics Allowed in Camp!** The Camp Director will have a camp cell phone available for all emergencies.

## Important Forms:

- [Participant Information Form](#) ←click to access form online  
MUST bring this form, completed and signed, with you on the first day of camp. Without this form, we cannot accept your child at camp. Please note somewhere on the Camp Participant Information Form your child's swimming ability. Please notify the Camp Director in writing of any allergies or health concerns pertinent to your child's camp experience.
- [Medication Order Form](#) ←click to access form online  
Sending medication to camp is highly discouraged. But, if it is necessary for medication to be administered during the operation of the camp, a Medication Order Form must be filled out and signed by the parent. Forms are available on the Department's website: [www.hcrpsports.com](http://www.hcrpsports.com) or can be obtained at camp on the first day. A separate form is required for each medication. All medications must be in the original container with the medication name, physician's name, dosage and expiration date.

### Directions:

**COLUMBIA GYMNASTICS** – 9200 Rumsey Road, Suite 2, Columbia, MD 21045.  
Route 29 to Route 108 East. Left at second traffic light onto Red Branch Road. Left onto Rumsey Road. Right into driveway just past the “Versar” sign. Go to the rear of the building. Columbia Gymnastics is located at the far side of the building under the green canopy.

### Inclement Weather:

The camp will meet rain or shine. For severe weather program changes, information will be available one hour prior to the camp start time on the Department’s program status line, 410-313-4451. The recorded message will reflect any change to the drop off location or time changes for the camp. If the weather is severe, we will arrange for indoor activities. If there is a threat of lightning, we will take cover in a shelter.

### For More Information:

**Amanda Bartell**

Recreation Supervisor

410-313-1694

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