



## GYMNASTICS CAMP

### High-Level formation through gymnastics

#### KEY FACTS

##### LOCATION

Madrid  
Universidad Europea  
de Madrid

##### DURATION

1 week (minimum)

##### START DATES

14<sup>th</sup> July - 3<sup>rd</sup> August

##### AGE RANGE

9 - 10 years

The **Gymnastics Camp** is a project from the Real Federación Española de Gimnasia offering the chance of living a training experience at the highest level in order to discover and share gymnastics values, both artistic and rhythmic.

#### WORK AREAS

The programme is designed by the technical team of the Real Federación Española de Gimnasia.

##### Training

- Apparatus technique
- Posture control
- Specific training.

##### Sport Education

- Punctuation code,
- Nutrition, psychology,
- Training
- Methodologies.

##### Physical Training (artistic gymnastics)

- Physical training for every apparatus.

##### Music applied to Movement

- (rhythmic gymnastics)
- Contemporary dance
  - Classical.
  - Salsa and flamenco.

##### Recreational Activities

- Games linked to sport values.
- Teamwork,
- Effort, leadership and self-control.

#### LEVELS

Live a **great experience** of **personalized** learning!

#### INITIATION

Gymnastics practising 2/3 hours per week



#### PROMISES

Gymnastics initiated in regional competitions



#### HIGH PERFORMANCE

Gymnastics competing at a national level with license



## PROFESSIONAL TEAM

### Coaches

Training sessions are directed by first level technicians and gymnasts. Members of the Real Federación Española de Gimnasia.

### Master Class

Our master classes are a fundamental part of our programme, complementing the daily work with specific seminars of world-class gymnastics.



## FACILITIES

### Universidad Europea de Madrid (UEM)

One of the most prestigious private universities worldwide. The Campus of Villaviciosa de Odón stands out for its modern facilities. Larger than 25 hectares, The campus has every resource needed for the practice of the Gymnastics Camp.

## PROGRAMME FEES

	HIGH PERFORMANCE RESIDENTIAL	STANDARD RESIDENTIAL	STANDARD DAY CAMP
1 week	€ 1375	€ 950	€ 565
REGISTRATION FEE		€ 100	

\* Medical insurance € 15 per week - Mandatory

**OPTIONAL FEES:** Extra night € 150 (extra fees are not refundable).

\* Arrivals are on the Sunday prior to the course start date. Departures are on Saturday.

## AIRPORT TRANSFERS

Choices International Car Transfer Services offer a personal meet and greet service from/to Adolfo Suárez - Barajas Airport (Madrid) at any time. Your son/daughter will be driven directly and comfortably to the residence.

FROM/TO ADOLFO SUÁREZ- BARAJAS AIRPORT (Madrid)	INDIVIDUAL
2-way transfer	€ 200
1-way transfer	€ 150

\* Supplement for flight arrivals and departures before 9 a.m. and after 9 p.m. each way: € 75.

\*\* Unaccompanied Minor Service (mandatory when requested by the airline company): € 60

\*\*\* Flight information must be provided at least **20 days prior to arrival**.

\*\*\*\* Transfer fees **won't be refunded**: changes in the last minute will incur an extra cost.