HI-NRG GYMNASTICS

the J DAY CAMPS
Discover the Spirit!

A LOOK BACK: This week gymnastics campers learned a lip sync dance to Meghan Trainor's song "No." Tuesday, campers had some fun at lodge time and made chocolate covered marshmallows on a pretzel during cooking. The kids were excited to see the animals at Grants Farm, and had a fun time trying out some unfamiliar equipment at Hi-Nrg. We saw a lot of St. Louis Blues and Cardinals jerseys at Tacky Thursday this week.

A LOOK AHEAD: Our final week of camp will start off with a bubble workshop on Monday. During this workshop, campers will explore different types of bubble wands and solutions. They will learn various bubble tricks, like forming a bubble on a bubble. Participants will make a bubble wand that they get to keep. They will use their wand and other instruments to make a fun bubble atmosphere. The Wacky Wednesday theme will be tie dye. We will all miss the campers as they head off to school this fall!