

OUR NEW FACILITY

Gymnastics & More is now in its brand new state of the art "DREAM" facility. This 18,000 square foot fully heated and air conditioned facility is the best of its kind anywhere. No expenses were spared to bring to your child the latest and greatest training equipment and facility.



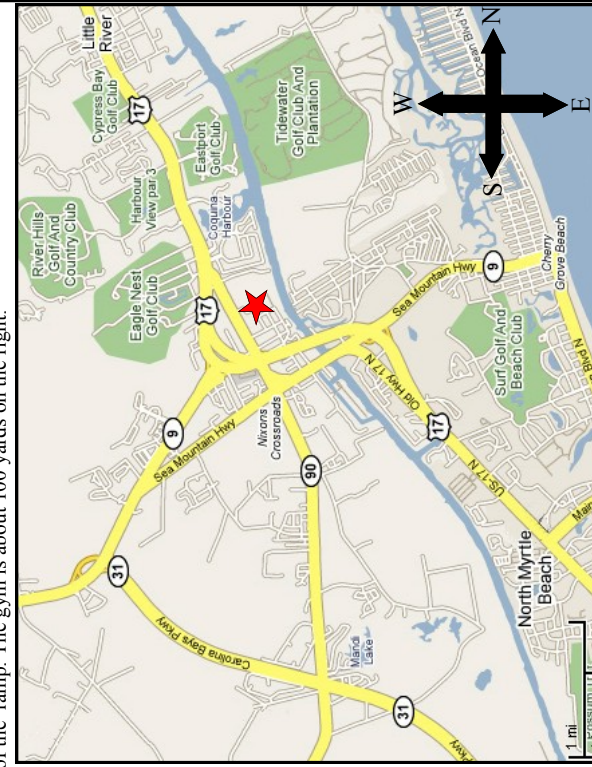
A partial list of our equipment includes...

- 2 - In Ground Trampolines with spotting systems
- A 40' long In Ground Tumbling Trampoline
- A large In Ground Loose Foam Training Pit
- In Ground Solid Foam Pits
- 4 sets of Uneven Parallel Bars (AAI Elite and CGS), 2 Men's or Women's Single Rails with Loose Pit Landings, "resi-pit" landings, and Regulation Landings, and a Single Rail "Trench Bar" for Men or Women
- 4 regulation Balance Beams with Loose Foam Pit Landings and Regulation Landings
- Several Floor Level Balance Beams
- 3 Vault Tables with "resi-pit" Landings and Regulation Landings
- A Level 4 Vault Table Mat System
- 1 - Competition size - 4 inch Spring Floor
- 1-15 foot by 60 foot Spring Tumbling Strip with Loose Foam Pit Landing
- 1-9 foot by 45 foot Spring Tumbling Strip to "resi-pit" Landing
- 2 regulation Pommel Horses & 3 Mushrooms
- 2 sets of Parallel Bars
- Nissen Ring Tower

We are located 2 miles from the North Myrtle Beach coast line. Our Sports Complex houses not only our gym but also "The Sports Zone" which offers: basketball, volleyball, indoor soccer, roller hockey batting cages, an arcade. & more, Rookies sub, pizza, and ice cream shop, Underdogs Sports Restaurant, The Touch Healing Center, Digital Magic sports photography and The Combat Zone

Gymnastics and More
304 Hwy 90 East Unit B
Little River, SC 29566

* **From the North**, take Highway 17 south to the intersection of Highway 17 and Highway 90. Make a left at Wings/Dunkin' Donuts. Go about 200 yard. The gym will be on the left.
* **From the West**, take Highway 9 to the Highway 90 exit. Turn left off the ramp. Travel about 100 yard. The gym is on the right.
* **From the South**, take Highway 17 north across the intercostals waterway. Take the Highway 90 exit. Turn right at the top of the ramp. The gym is about 100 yards on the right.



IF YOU LOVE GYMNASTICS...



"Learn Gymnastics & Have Fun
In The Gym & In The Sun!"
(843) 249-JUMP
www.GymAndMoreSC.com

OUR PHILOSOPHY

At BEACH BREAK Gymnastics & More Camp we strive to make every child feel special and important. We know that you come here for gymnastics and we offer a maximum number of training hours. We also know that you want the fun and excitement that Myrtle Beach has to offer. You also want the opportunity to learn new skills and make new friends. We believe that hard work and achieving your goals are fun. What could be more exciting, educational and fun than BEACH BREAK Gymnastics Camp.

CAMP SCHEDULE

Sunday 5:30 pm - 6:30 pm: Registration & Sign in

Sunday 7:00 pm - 8:30 pm: Gymnast screening & workout

Monday through Friday

- 9:00-12:30 AM structured workout
- 1:45-4:30 PM structured workout
 - * Tuesday 1:45 - 6:00 optional Water Park Field Trip **\$30.00**
 - * Wednesday 1:45 - 4:30 workout on the beach! **FREE**
- 6:00-8:00 PM open workout
 - or * Thursday 6:00- til optional



PLANET FUN or FREESTYLE MUSIC PARK

***Field Trips are 1st come, 1st serve...space is limited and fees must accompany deposit and are non-refundable.**

CAMP ENDS ON FRIDAY AT 4:30 pm

PIZZA PARTY 4:30 pm - 5:00 pm!

MEALS (provided to Resident campers)

Breakfast 8:00 AM— Lunch 12:30 PM— Dinner 4:30 PM

HOUSING - INCLUDES ADULT SUPERVISION

All resident campers will be housed at the Hampton Inn Harbourgate in North Myrtle Beach, SC. Campers will enjoy air-conditioned rooms, cable TV, indoor swimming pool, and daily maid service. . .after all. . .our campers deserve the BEST. **Thursday night is the Beach Party Sleepover! All resident campers participate in a summertime PJ sleepover party in the gym.**

OUR CAMP STAFF

Maddy Curly

Star of the hit movie "Stick It". Maddy was on the UNC Gymnastics Team and was an academic All-American

Benji Stern

National Rated JO Men's Judge (2000-2004)
National Men's Gymnastics Competitor (1996)
NC Men's State Gymnastics Director

Mary Hoagland

Level 10 National Judge
North Carolina Judging director

Reggie Sykes

Head coach of Summit Gymnastics Team in GA

Louie Liguori

Owner/Director of Gymnastics & More, home of the Ocean Flippers - State Champions, 13 years in a row
Coach of 3 Jr. National Team Members
US Olympic Training Center Coach
Former SC State Director for Men's Gymnastics

Danny Warbuton

Former owner of Gym Dandy's. He was four time Georgia State Champion & 3 time All American. He has produced 8 Elites and two of these were National Team members. **He has had more than 121 high school seniors attend college on gymnastics scholarships.**

Rebecca Raynor Fort

Level 10 Gymnast in NC (1992-1997)
1991 -1997 Regional Competitor
1993 Level 10 National Competitor
Graduate of UNC Chapel Hill-BA in Exercise & Sports Science

Larry Denham

Tennessee Academy of Gymnastics

Our staff is a mix of the finest club coaches, club owners, college coaches, and college gymnasts. They are caring people that know how to teach proper gymnastic techniques and make it fun.



Jason & Curtis from Salem Gymnastics

Commuter Campers

(Lunch is available to commuter campers at an additional cost)

9:00 AM - 4:30 PM Commuter Camper

9:00 AM - 8:00 PM Commuter Camper

Resident Camper

(includes 24 hour adult supervision, hotel room, breakfast, lunch, dinner & transportation)

9:00 AM - 8:00 PM Resident Camper

Financial Terms:

Deposit of \$100 per session, per child, must accompany this application. Any field trip fees must also accompany the deposit. Balance of fees are due during registration on Sunday.

Refund Policy:

Prior to May 15th deposit, minus \$50.00 processing charge, is refundable with written notification of cancellation. **No refunds after May 15th.**



We have a whole list of visiting coaches/ friends from all over the country that may attend camp. You never know when you live at the beach who may stop in to visit...

**therefore camp staff is subject to change w/o notice*

Visit our website & LIVE WEBCAM...

www.GymAndMoreSC.com