

“Have Fun - Stay Fit - Be Active”



2017 Summer Camp



Join us for our “Best Summer Yet”!

Quarterly Newsletter

April - June

2017 Iron Cross Summer Camps

Day Camp

It's time to get your child's summer planned out! Our summer camp is going to be one of the most affordable and fun camps in Fort Bend County! We have intentionally designed our camp to fit the needs of the working parent. Just because the kids are out of school doesn't mean mom and dad don't have to go to work! That's why our camp starts at 7am, Monday through Friday and ends at 3pm, with optional extended hours till 5pm for our working parents! The prices are so affordable that no matter how many vacations you take you will still get your money's worth with our camp!

Platinum Pass - \$1100

Our Platinum Pass is an all inclusive Summer Camp Pass that includes all 12 weeks of camp Monday – Friday, 7am – 3pm daily. Extended Hours can be purchased for the platinum pass to include 3pm – 5pm each day for the price of \$250! This literally comes out to \$5.00 per day or \$2.50 per hour!

Platinum Dates are: JUNE 5th – AUGUST 25th

Gold Pass - \$650

Our Gold Pass is a Half Summer Camp Pass to include your pick between weeks 1 through 6 or weeks 6 through 12. This is a total of 6 consecutive weeks of camp, Monday – Friday, 7am – 3pm daily. Extended Hours can be purchased for the Gold Pass to include 3pm – 5pm each day for the price of \$125.00, this literally comes out to \$5.00 per day, or \$2.50 per hour!

Gold Dates are as follows...

First Half Summer: June 5th – July 14th

Second Half Summer: July 17th – August 25th

If the Platinum or Gold Pass isn't the right fit for you, we are introducing something NEW for 2017 that allows you to buy a month of camp!

Check out these amazing prices for Camp by the Month! *(If you*

purchase a month or more of camp you will receive a FREE T-Shirt)

Summer by the MONTH...

Month of June – 20 Days of Camp

\$500 / NO Sibling Discount due to the incredibly low price!

Month of July – 20 Days of Camp

\$500 / NO Sibling Discount due to the incredibly low price!

Month of August – 19 Days of Camp

\$475 / No sibling Discount due to the incredibly low price!

If you are going to have an extremely busy Summer and would like to just pop in for a week or two, Summer By the Week or Day might be the right fit for you!

Summer by the WEEK or DAY

Price Per Week – **\$160** First Child / **\$145** Sibling

Price Per Week w/Ext. Hours – **\$185** per child / **\$170** sibling

Price Per Day – **\$40** first child / **\$30** Sibling

Price Per Day w/Ext. Hours – **\$45** first child / **\$35** Sibling



NEED TO KNOW FACTS ABOUT SUMMER DAY CAMP 2017

– Due to the FBISD and LCISD School Year Schedule, Our Summer Camp gets an extra week this year for a total of 12 weeks of Camp! In the past Summer Camp has always run 11 weeks. (We did not add this extra week into our pricing for the Platinum or Gold Pass, we are giving it away FREE)

– Summer Camp Starts on Monday June 5th and ends on August 25th.

– 11 of our twelve weeks of camp are all five day weeks. The only Short week this year is four days instead of five and that is the week of July 4th with us being closed on July 4th.

– Camp Starts at 7am and ends at 3pm daily. We do have extended from 3pm to 5pm that can be purchased for \$25 per week or \$5 per day.

– This year we will have themed weeks and entertainment lined up in correlation with some of the themes. Some of the entertainment will be Magicians, Animal Specialist, Teen Age Mutant Ninja Turtles, DJ's and Kareoke, etc....As we get closer to summer we will put out an entertainment schedule

– Camp is going to be for ages 5 years old to 14 years old. Some 4 year olds will be accepted on a case by case basis.

– This is going to be “Our Best Summer Yet” Don't miss out on booking your child's summer this month! It is both Affordable and Fun!

– Other camps that will be offered this summer include Dance Camps and Tumbling Camps! Information on those camps will be released in April.



2017 Summer Camp Overview...

June:

Week 1 – June 5th – 9th;

Water Day

Week 2 – June 12th – 16th

Week 3 – June 19th – 23rd;

Water Day

Week 4 – June 26th – 30th



July:

Week 5 – July 3rd – 7th; Water Day

(CLOSED ON JULY 4TH)

Week 6 – July 10th – 14th

Week 7 – July 17th – 21st; Water Day

Week 8 – July 24th – 28th

August:

Week 9 – July 31st – Aug 4th; Water Day

Week 10 – August 7th – 11th

Week 11 – August 14th – 18th; Water Day

Week 12 – August 21st – 25th

Summer Tumbling Camp

Need to learn new skills or keep up with your current ones? Then the Iron Cross Summer Tumbling camp is the place to be! Come in every other week and spend 3 hours with some of the best tumbling coaches in town! This summer we will have “Flip Flop Shops” and “Tucks N Up” camps. This year both camps will be 12:00pm-3:00pm. Registration is taking place now! Call (281)342-IRON(4766) to reserve your spot!

Summer Tumbling Camp Schedule

Monday, Tuesday, & Wednesday, 12pm-3pm

\$100 for all 3 days

\$40 per day

10% Sibling Discount

June:

Week 1 – June 12th – 14th

Week 2 – June 26th – 29th

July:

Week 3 – July 10th – 12th

Week 4 – July 24th – 26th

August:

Week 5 – August 7th – 9th

Week 6 – August 21st – 23rd

Summer Dance Camp

Sign up your dancer for the best time ever learning new dances, playing games, and craft time! The cost is \$75 per camp for each child. Sign up today at www.ironcrossgymnastics.com

JUST FOR KICKS!

Ages 6-8
9:00am-Noon

June 12-15

June 26-29

August 7-10

August 21-24

LET'S GET IT STARTED!

Ages 9-11
9:00am-Noon

June 5-8

June 19-22

July 31-August 3

August 14-17

Upcoming Parent's Night Outs

SCAVENGER HUNT PNO

Come have an Easter egg hunt with us! Every child will receive an Easter pale and hunt for candy filled eggs!



PIÑATA PNO

We're going to have smashing good time on Friday, May 5th! Don't miss out on all of the fun...



Gym Closed

Good Friday/Easter Weekend

The gym will be closed Good Friday/Easter weekend, Friday April 14-Sunday April 16, in celebration of the Easter holiday.

Happy Easter from our family to yours!

Last Week of School

We understand that the last week of school is busy with all of the end of school celebrations and final exams for the older kids, therefore, we will be closed the week of May 29-June 4. This also gives us the opportunity to prepare for amazing summer activities for all of our students!

Summer Class Schedule

The summer class schedule will be available Monday, April 10 to all Iron Cross customer. The schedule will be released to the public on Monday, April 17. Look for the schedules to be posted online at www.ironcrossgymnastics.com. Hard copies will be available in the main lobby as well.

Birthday Parties

Celebrate your birthday at Iron Cross! The birthday child and guests will have a great birthday experience! For more information, visit

www.ironcrossgymnastics.com

or call 281-342-IRON(4766). *Book your party today!*



ICG Health Corner

WHAT IS A CONCUSSION?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.



HOW CAN I SPOT A POSSIBLE CONCUSSION?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don’t feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

SIGNS OBSERVED BY PARENTS OR COACHES

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (even briefly).
- Shows mood, behavior, or personality changes.
- Can’t recall events prior to or after a hit or fall.

SYMPTOMS REPORTED BY CHILDREN AND TEENS

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down.”

SERIOUS DANGER SIGNS TO LOOK OUT FOR

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

WHAT IF MY CHILD/TEEN HAS A POSSIBLE CONCUSSION?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your child’s/teen’s health care provider for written instructions on helping your child/teen return to school. You can give the instructions to your child’s or teen’s school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child’s or teen’s return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

HOW CAN I HELP KEEP MY CHILDREN OR TEENS SAFE?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children’s or teens’ chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - » Work with their coach to teach ways to lower the chances of getting a concussion.
 - » Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion.
 - » Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - » Ensure that they follow their coach’s rules for safety and the rules of the sport.
 - » Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no “concussion proof” helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.

Information from <http://www.cdc.gov/HEADSUP>