

GYM HOURS

MONDAY - FRIDAY: 10AM - 6PM

SATURDAY: 10AM - 4PM



CAMP HOURS:

MONDAY - FRIDAY 9AM - 1PM

AGES 5-14

REGISTER EARLY, SPACES LIMITED

www.nexgym.com

Summer Camp Schedule

June 8th - August 14th



CAMP HOURS

MONDAY - FRIDAY: 9AM - 1PM

SPACES LIMITED

REGISTER EARLY

NEXGYM

Plano (Parker & Tollway)

5964 W. Parker Road, Ste 108

Plano, TX 75093

972-781-2244

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00	Exergaming	Exergaming	Exergaming	Exergaming	Exergaming
10:00	Field Games/project	Field Games/project	Field Games/project	Field Games/project	Field Games/project
11:00	Sportwall/Exergaming	Sportwall/Exergaming	Sportwall/Exergaming	Sportwall/Exergaming	Sportwall/Exergaming
12:00	Lunch & Movie	Lunch & Movie	Lunch & Movie	Lunch & Movie	Lunch & Movie
1:00	Dismissal	Dismissal	Dismissal	Dismissal	Dismissal

INTERACTIVE CAMP INFORMATION

Class Descriptions	
<p>Exergaming: Enter the gym 1 hour before official opening time to experience the latest in advanced gaming and sports training technology. It combines healthy activity with virtual adventure!</p> <p>Field Games/Project: Head outdoors to play, run, jump, & climb with our experienced camp counselors. Organized games, relays, & team sports will be adapted to fit the theme of the week. If weather does not permit kids will work out their fine motor skills in an appropriate project for the week.</p> <p>Sportwall: This challenging team sport uses interactive technology that requires players to simultaneously track a ball, multiple targets, sounds scores & a time clock. The faster they play, the higher they score. While they are having a blast, they are also exercising their bodies and minds.</p> <p>Lunch and a Movie: After a busy morning of exercise we will tune it down a notch to refuel. Kids will set up in our studio with the big screen projector and watch an age appropriate movie while eating lunch. Kids provide their own lunches, or we can provide them with pizza and a drink. Pizza and a drink will incur an additional \$5.00 charge.</p>	<p>June 29-July 3rd: Red White and Blue Week! It's all about freedom. Learn how great it is to live in a country where we can play outside and make healthy choices for ourselves.</p> <p>July 6-10th: Rock & Roll! We will tune it up a notch this week and enjoy the music. Learn about how music affects us and can encourage you to get up and Move!</p> <p>July 13-17th: Sports, Sports, Sports! We will focus on all sports this week. Soccer, Basketball, volleyball, etc. Bring your best Game!</p> <p>July 20-24th: Food is Fuel: Burn up energy and then learn how making healthy food choices can fuel you back up!</p> <p>July 27-July 31st: Extreme Energy! Got the middle of the summer slumps? Need to kick it back into gear? This camp is for you! Enter the virtual playground here at Nexgym and experience Extreme Fun!</p> <p>August 3-7th: Fit Fest! Keeping your body healthy and fit is fun! Experience all the different ways that you can stay fit by just having fun.</p> <p>August 10-14th: The Best of Nexgym Week. The last week of camp is here. We will pull everyone's favorite games and activities from all the previous camps and pack them into this final week. It's a week you definitely won't want to miss.</p>
Camp Dates and Themes	Camp Pricing
<p>June 8-12th: Summertime! Celebrate all things summer this week with our awesome camp staffers here at Nexgym.</p> <p>June 15-19th: The Great Outdoors. Learn about our great planet and how you can use your natural surroundings to keep you healthy & fit.</p> <p>June 22-26th: Pirates & Adventures Ahoy ye my mates! Enjoy a week of adventure & pirate lore through games, activities & exercise!</p>	<p>Camp Per Week: \$99 Non Members \$59 Members</p> <p>Camp Per Day: \$29 Non Members \$19 Members</p> <p>Pizza & Drink for Lunch: \$5.00</p>