

NO LIMITS

COMPETITIVE GYMNASTICS CAMP

Join us for our annual Women's Competitive Gymnastics Training Camp at Pegasus East. Discover the thrill of gymnastics, refine your skills, and connect with fellow gymnasts in an inspiring and supportive environment!

June 30 – July 2

July 3 – July 4

Level 5 +

Level 3-4

Xcel Gold +

Xcel Bronze-Silver

Athletes must have competitive experience in a Competitive Women's Gymnastics Program. The minimum age for camp is 7 years old.

Early Bird Pricing available until Feb 15, 2025
Use Discount Code: **NOLIMITS25** at the checkout.

Camp Tuition:

Level 5 + & Xcel Gold +

Camp Tuition: \$575

Early Bird: \$550

Deposit: \$275

Level 3-4 & Xcel Bronze-Silver

Camp Tuition: \$400

Early Bird: \$375

Deposit: \$200

Deposit due at time of registration.

Remainder owing will be processed on Monday, June 2, 2025.

Team Discounts Available!

Register **10 or more athletes** from the same gym in one transaction and receive a special discounted rate for all attending athletes.

Gather your team and save together!



Select Pegasus East for the location.

Scan here to register!

Unleash Your Potential, Soar to New Heights!

WOMEN'S COMPETITIVE GYMNASTICS TRAINING CAMP NO LIMITS DETAILS 2025

The camp consists of **vault, bars, beam, floor, trampoline, dance, leaps, jumps and turns, body movement and physio**. Discover the thrill of gymnastics, refine your skills, and connect with fellow gymnasts in an inspiring and supportive environment.

What's Included in Camp?

- **Lunch + 1 Snack:** Provided for athletes and coaches.
- **No Limits Training Suit:** Exclusive GymGear training suit included.
- **30-minute Parent Session:** Gain insights into your child's gymnastics journey.
- **45-minute Coaches Clinic:** Enhance coaching skills and strategies.

**Each day camp runs from
9:30 AM - 4:30 PM**



ACCOMMODATIONS - HOST HOTEL

Deerfoot Inn & Casino

1000, 11500 - 35 St SE
Calgary, AB T2Z 3W4

403-236-7529

Reference "No Limits Camp - Pegasus Gymnastics"
deerfootinn.com/hotel

Group Code: 1227385

Cut-Off Date: May 30, 2025

\$155.00 June 30 - July 2, 2025 / \$259.00 - July 3, 2025

Breakfast Included!

CAMP LOCATION

Pegasus Gymnastics East

Unit 18, 11166 42 St SE
Calgary, AB T2C 0J9

pegasusgym.ca/nolimits





2025 COACHING STAFF

Expert Coaching! Learn from seasoned experts with a track record of success at the Olympics and World Champions!

TONY RETROSI



The interim coach for the Swiss National WAG team in 2021. Owner of Atlantic Gymnastics Training Centers, Owner and Creative Director of GYM MOMENTUM.

CLIFF PARKS



Cliff worked with the 2016 Olympic Men's team prior to Rio and as the Philippines National Team Coach. He's also a former Navy Seal and actor!

DANIELA SILIVAS



Winner of 6 medals at the 1988 Olympics. She also earned six individual World Championship titles as well as the 1987 European Championships all-around title.

WENDY BRUCE MARTIN



Owner Get Psyched! Mental Training/Peak Performance Coaching, Author of Breaking Through a Mental Block, 1992 Olympian Bronze Medalist and Switzerland National Team Coach.

SHIRA LEWIS



Shira was a competitive gymnast and dancer. She went on to become a Division I diver in college and graduated with Doctorate in Physical Therapy.

DARREN WEBSTER



Darren is the current coach of an Olympic gymnast from New Zealand. He is also the Technical Director for the Women's Artistic Program with AGF

MICHAEL OUTRAM



Owner of Mr.Mikes Gymnastics and MJO Consulting. Level 4 coach with athletes going to Canada Games, Nationals, World Cup, and Cirque du Soleil.

STEPHEN DAVID



Level 4 coach who has coached athletes to medals at the Pan American Games and World Age Group in Trampoline and Double Mini.

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Join us for **NO LIMITS CAMP 2025** at Pegasus East.