



# Gymnastics Training Camp & Culture Exploration

2011 Beijing & Shanghai  
July 18-30<sup>th</sup>

*Building the skills and confidence to  
ensure their future success!*



***Experience a training camp like no other. Add international training to your sports experience.....***

***You will train and participate in clinics with China's top Coaches, make new friends with local professional gymnasts and experience a rare opportunity to visit China's National Gymnastics Training Center.***

***You will also explore Beijing and Shanghai, the world's great cities. Walk in Emperor's footsteps at the Forbidden City, experience 2000 years of history at the Great Wall and enjoy Chinese delicacies....***

***Most of all, gain a new perspective about yourself, your country, and the world at large as you discover as a person and an athlete.***



## AT A GLANCE

The purpose of this training camp is to give young gymnasts a greater understanding of the world around them through international training and cultural exchange. This program provides a safe, positive and challenging experience for young gymnasts. The exposure to international coaches and their approach to gymnastics give young gymnasts a one-of-a-kind advantage while improving their skills and confidence. It is a wonderful opportunity for gymnasts to make friends with Chinese gymnasts who share similar interests and create long lasting friendships.



### *Enhance Your Education*

- History and architecture of imperial Chinese dynasties
- Blending of technology and traditional values
- Intercultural studies

### *Top Program Activities – Gymnastics Training*

- Build your confidence in a thrilling international training; get an edge on training with personalized instruction from top coaches.
- Make friends with Chinese gymnasts and train at Beijing's and Shanghai's Professional Gymnastics Training Center.
- Experiences a rare opportunity to visit China's National Gymnastic Training Center and watch the Chinese National Team train.
- Meet and be inspired by former Olympians.



### ***Top Program Activities -- Beijing Culture Exploration***

- World Heritage: Forbidden City, Temple of Heaven, Summer Palace, Great Wall
- 2008 Olympic National Stadium - the Bird Nest and National Aquatics Center – the Water Cube.
- Enjoy Chinese acrobatics show and Peking Duck Banquet.
- Ride a rickshaw through the narrow streets of old Beijing.
- Watch pandas play at the Beijing Zoo.



### ***Top Program Activities – Shanghai Culture Exploration***

- Enjoy a scenic cruise on West Lake and Tai Lake, plus a visit to the “Suzhou Water Village” with a history of 1200 years.
- Explore the traditional temples and pagodas of Hangzhou and Suzhou, the water front bund, stunning modern Oriental Pearl Tower.
- Ride on the maglev train with its maximum speed of 431 km/h



### ***Feature: Accommodations and Meals***

- Meals as specify in itinerary with daily buffet breakfast at hotels and local specialty cuisines.
- Experienced, Knowledgeable English and Chinese speaking guide.
- Four or Five starts hotel accommodations in Beijing and eastern China.



## INERARY DETAIL

	<b>Morning</b>	<b>Afternoon</b>
<b>Day 1</b>	Takeoff, depart the Seattle with your travel coach	
<b>Day 2</b>	Arrive in Beijing, the capital city of China.	
<b>Day 3</b>	Indoor Training	Visit China <b>National Training Center</b>  Culture Exploration  Discover <b>Tiananmen Square</b> , the largest open public plaza in the world. Step into the <b>Forbidden City</b> , which stands as the world's largest palace complex.
<b>Day 4</b>	Indoor Training	Train at Beijing <b>Gymnastics Professional Training Center</b>  Culture Exploration  Imagine yourself on the medal podium in the <b>2008 Olympics Stadium</b> in Beijing, and <b>Bird Nest/Water Cube</b> as well.
<b>Day 5</b>	Indoor Training	Train at Beijing <b>Gymnastics Professional Training Center</b>  Culture Exploration  Visit the impressive imperial grounds of the <b>Summer Palace</b> . Enjoy <b>Peking Duck dinner &amp; acrobatic performance</b> in the evening.
<b>Day 6</b>	Outdoor Activity	Watch pandas play at the <b>Beijing Zoo</b> .  Culture Exploration  Ride a <b>rickshaw</b> through the narrow streets of old Beijing.
<b>Day 7</b>	Culture Exploration	Explore the <b>Great Wall</b> of China, an amazing architectural marvel over 2,000 years old with local gymnasts.
<b>Day 8</b>	Fly to Shanghai	Fly to <b>Shanghai</b> —and then drive to <b>Wuxi</b> , Take a cruise on the <b>Tai Lake</b> , follow by visit to the <b>Turtle Head Islet Park</b> . Enjoy the famous Wuxi cuisine tonight and then transfer to <b>Suzhou</b> .
<b>Day 9</b>	Outdoor Activity	Explore the greatest sights in Suzhou, include <b>Humble Administrator's Garden, Hanshan Temple</b> and the <b>Water Village</b> . Then transfer to Hangzhou by motor coach.
<b>Day 10</b>	Culture exploration	Take a boat cruise on the <b>West Lake</b> . Also visit the <b>Yue Fei Tomb</b> and <b>Liu He Pagoda</b> . Taste the Hanzhou famous well known <b>dragon tea</b> . Then transfer back to Shanghai. Visit the Bund, over look the <b>TV Tower</b> and pass by the famous <b>Nanjing Road</b> . Experience the exciting Shanghai nightlife at <b>New World Bar Street</b> .
<b>Day 11</b>	Indoor Activity	Visit Shanghai <b>Professional Gymnastics Team</b> and train with the gymnasts. Shopping at famous <b>Nanjing Road</b> , and then fly back to Beijing.
<b>Day 12</b>	Shopping	Shopping at <b>XiuShui Market</b> (Silk/Cloth/Shoes/Bag etc.)
<b>Day 13</b>	Return home	

*Note: Your program may differ slightly in some areas due to scheduling conflicts, unforeseen changes, and the arrival of new opportunities. Your program's Schedule of Activities will be provided as confirmed, closer to actual travel.*

## TRAVEL SUMMARY

**Destination:** Beijing & Shanghai (Wuxi, Hangzhou & Suzhou), China

**Duration:** 13 Days

**Date:** Summer 2011, July 18 – 30<sup>th</sup>

**Departure City:** Seattle, WA. United States

**Audience:** Gymnasts Levels 5-10, Ages above 8 (12 and under must be accompanied by parent)  
Parents Welcome.

**Base Tuition:** \$3600

## TUITION PAYMENT OPTIONS

***We have two payment options for you to choose:***

- **Payment Schedule:**

Payments	Amount	Summer Camp 2011
Deposit	\$ 100	Due with application
2 <sup>nd</sup> payment	\$ 1000	Mar 1 <sup>st</sup> , 2011
3 <sup>rd</sup> payment	\$ 1000	Apr. 1 <sup>st</sup> , 2011
4 <sup>th</sup> payment	\$ 1000	May. 1 <sup>st</sup> , 2011
5 <sup>th</sup> payment	\$ 500	June 1 <sup>st</sup> , 2011

- **Full payment before Mar. 1<sup>st</sup> 2011 (will have 5% off the program fee)**

We accept check. Credit card payment will be charged 5% processing fee.

## APPLY NOW

Please complete the application form and mail it to ANC Consulting

ANC Consulting(Sports & Culture Exchange Program)  
20863 109<sup>th</sup> LN SE  
Kent, WA 98031

If you have any question, please email to Annie An at [anshujing@hotmail.com](mailto:anshujing@hotmail.com).

For ICF member, please mail the application to Iron Cross Foundation

Iron Cross Foundation  
3014 N. 9<sup>th</sup> St.  
Tacoma, WA 98406

You may also contact Karen Zediker at [kzediker@ironcrossfoundation.org](mailto:kzediker@ironcrossfoundation.org) with questions!

## **ADDITIONAL INFORMATION**

### ***Where to get the application form?***

Please EMAIL Annie An at [anshujing@hotmail.com](mailto:anshujing@hotmail.com) request application form, you may also visit our website at [www.anc-edu.com/en/](http://www.anc-edu.com/en/) download the application form. (program details is in under SPORTS & CULTURE EXCHANGE)

**Gymnastics Training Camp & Culture Exploration (BEIJING & SHANGHAI) is run by**

**ANC CONSULTING**



**&**

**IRON CORSS FOUNDATION**

