



SPRING BREAK DAY CAMPS!

Day Camp Starts Mon. March 15th through Fri. March 19th

Day Camp Times: 9:00 A.M. to 3:00 P.M. (Mon. – Fri.) (Minimum Age Accepted: 4 years old)

PARENT'S, IF YOU ARE LOOKING FOR SOMETHING FOR YOUR CHILD TO DO OVER SPRING BREAK THAT IS FUN, ACTIVE, AND PRODUCTIVE CHECK OUT OUR DAY CAMPS! THE PRICE THIS YEAR IS UN-BEATABLE!

**Cost: Discount Rate for the full week/\$100 dollars
Rate per Day/\$30**

Due to the cost of the full week already being discounted from our normal Camp Rate, The \$100 dollars is Non-Refundable. If there is an extenuating circumstance beyond your control a credit may be issued to your account should your child not be able to attend.

(Must be approved by Jeremy or Grant)

The Day Camp Schedule will go as follows:

9:00 am – 10:30 am (morning stretch, organized games, team building activities)

10:30 am – 12:00 pm (kids divides into groups to learn gymnastics)

12:00 pm – 1:00 pm (kids will eat a sack lunch brought from home)

1:00 pm – 2:30 pm (kids will wind down and watch a (PG) rated movie)

2:30 pm – 3:00 pm (kids will play games and have open gym with coaches' supervision)



SPRING BREAK TUMBLING CAMPS!

If your child needs to brush up on their tumbling skills this is the perfect camp for you!

We will be offering Tumbling Camps for Levels 2&3 and 4&5

Camp will Start on Mon. March 15th and go through Wed. March 17th

Start and Finish Time for all Levels is 12:00 p.m. to 3:00 p.m.

Minimum Age Accepted: 5 years old

Cost: \$75 for all three days / \$30 if pay by the day

REQUIREMENTS FOR YOUR CHILD TO PARTICIPATE IN THE CAMPS.

Level 2 – Must have Independent Round-off, Must be able to do back-handspring on a trampoline independently

Level 3 – Must have Multiple Back-Handsprings Independently on Floor.

Level 4&5 – Must have Round-off, Back Handspring, Back Tuck, Independently on Floor.

WHAT ARE THE CAMPS DESIGNED TO WORK ON?

Level 2 – designed to help your child work on perfect technique for their Cart-Wheel, Round-Off, and Back-Handspring...Will help improve standing tumbling and running tumbling, will learn secrets for increasing power and flexibility.

Level 3 – designed to help your child work on perfect technique for their multiple back-handsprings, Designed to teach your child how to do a Back-Handspring into a tuck. Designed to teach perfect technique for doing a back-tuck. Designed to increase power and strength in tumbling on floor. Designed to increase height of Back-Tuck out of Back-Handspring. Designed to increase speed and length in tumbling.

Level 4&5 – designed to help your child work on perfect technique in Back-Handsprings, Designed to teach how to properly Exit Back-Handspring and Enter the Air for Proper Back Tuck, Lay-Out, Full, and Double Full. Depending on child's ability the majority of the camp will focus on either their Lay-Out or their Twisting. Supplemental skills such as whips and Puch Front Step-Outs will be incorporated. Designed to work on better standing skills such as multiple Back-Handsprings into either Back-Tuck, Lay-Out, or Full. Standing Back-Tuck will be trained and worked on as well.