



Saturday Tumbling Clinics 2012

Tumbling Clinic Day's: Saturday
 Time: 11:30am - 1:30pm
 Cost: \$25 per child
 Age Required: 5 years and Up



Note: Must be pre-registered and pre-paid (NO WALK-INS)
 Each camp must have a minimum of 3 kids in order to get the full two hours. Camps with 2 or less kids will be 1 hour for the same price.

Camp Dates:	Camp Level's	Max Number of kids	Coach Teaching
January 14th	L 2 & L 3,4,5	10 (Per Camp)	(L 2 - Hunter) (L 3,4,5, - James)
January 28th	L 1 & L 2	10 (Per Camp)	(L 1 - Dave) (L 2 - James)
February 11th	L 1 & L 2	10 (Per Camp)	(L 1 - Nick) (L 2 - James)
March 10th	L 3,4,5	10 (Per Camp)	(L 3 and 4 - Hunter)
March 24th	L 1 & L 2	10 (Per Camp)	(L 1 - Dave_) (L 2 - James)
April 21st	L 3,4,5	10 (Per Camp)	(L 3,4,5 - James)
May 5th	L 2	10 (Per Camp)	(L 2 - James)
May 19th	L 1 & L 2	10 (Per Camp)	(L 1 - Nick) (L 2 - Hunter)

Purpose of each Clinic: (To increase the child's skill level and technique by breaking down skills into their basic parts. We will train each child's speed, power, and flexibility. The clinics will focus on running and standing tumbling. We will incorporate trampoline and tumble trak to help with technique and repetition.) Each child will become better at skills they currently have, and also be challenged learn new skills with each clinic.

Requirements for each clinic

- Level 1: No experience needed
- Level 2: Must have round-off, back-bend, back walk-over, front limber, straight leg cartwheel and handstand
- Level 3,4, and 5: Must have round-off with three back-handsprings on the floor