



WHEN SCHOOL IS OUT, CAMP IS IN!

2019

Camp hours 9:00am-4:00pm Early drop off (8-8:45) & late pick up (4:15 to 5:30) is available for an additional \$10.00 each per week. All camps are \$150.00 per week. Snacks are provided daily. Your child will need to bring their lunch. All boys and girls ages 5 and up.

HIP HOP DANCE CAMP AND MORE This camp will include all styles of Hip Hop, breakdancing, tricking locking & popping. The kids will also spend time in the main gym for games and open gym time. There will be a showcase of the dancers on the Friday of each camp. Each child will learn how these different styles of hip hop evolved and will learn from different instructors. It will be jam packed with fun excitement.

This Camp is offered July 15th -19th & August 5th -9th.

PARKOUR CAMP During this camp the kids will learn to run, jump, roll and vault over different obstacles. They will also get to experience our new Parkour room. This camp will keep your child active all day long and we guarantee they will come home tired. At the end of each week (Friday) students will be able to show off their new skills at 3:30pm. Camp is for ages 5 and up. (First camp your child does not have to attend, but highly recommended if they have not done Parkour before.)

June 10th -14th Total beginning all basic skills flips, movement & Vaults

June 17th -21st Increasing speed, bigger jumps/drops (overall mastering control

June 24th -28th Learning & mastering techniques, balance, precise movements

July 8th-12th Learning & master. Flips, twists, air awareness (advanced vaults, combos)

July 15th -19th Climbing Techniques (Ascents, descents, Precise drops, & strengthening

July 22nd -26th Flow, smooth & non-stop (vaults, floor, tricking & flips)

July 29th -Aug 2nd Mastering movements (Speed, flow, climb, flips)

EXTREME NINJA CAMP- Ninja is a new discipline inspired from Obstacle Course Training, Gymnastic, & Martial Arts. For success in school, sport, and life, a child that learns to channel their impulse & energy towards a focused goal will succeed in all endeavors. Obstacle courses for Strength & Agility, Ninja Training (Ninja style flips, rolls, kicks, vaults) just like what you would see on a video game or in the movies! Gymnastics Tumbling for Total Body Coordination. Beyond skill, our curriculum teaches... Confidence, Discipline, being part of a group and Impulse control.

This Camp is offered June 3rd - 7th & Aug. 5th -9th.