

# TUMBLEFUN GYMNASTICS

## AFTERNOON ENRICHMENT SUMMER CAMP

Boys & Girls: Kindergarten & Up

12:45pm – 3:30pm

### GIRLS GYMNASTIC CAMP

Join the Tumblefun staff this summer for our afternoon gymnastic sessions and bonus enrichment camps! For 2 hours and 45 minutes each weekday we will mix our traditional gymnastics camp with a fun fitness activity. You can shake it out in our Zumba class, work your core, conditioning and technique to help master you're tumbling and back handsprings, or move it move it in our Dance class!

MONDAY	ZUMBA	Blend of Hip Hop and Latin Dance
TUESDAY	CARDIO CORE CAMP	Cardio and Core Conditioning, Back Handsprings
WEDNESDAY	BACK HANDSPRINGS	Skills and Drills to Master your Back Handspring
THURSDAY	CARDIO CORE CAMP	Cardio and Core Conditioning, Back Handsprings
FRIDAY	DANCE	Salsa, Line Dance, Hip Hop...

### BOYS EXTREME GYMNASTIC CAMP

Our Boys Extreme Camp on Tuesday and Thursday afternoons is a combination of extreme activities and gymnastics that is focused on building strength and confidence, self discipline, and coordination. The boys learn balance and core control with activities such as jousting and sumo wrestling they work speed and agility with games like bubble bash, dodge ball, and they sharpen their gymnastics skills while they learn hand plants and 360° toe grabs. \*\*Boys are always welcome anytime!!\*\*

MONDAY	Gymnastics Instruction	Boot camp conditioning, Bars, Vault, Floor, Trampoline
TUESDAY	BOYS EXTREME CAMP	Mixture of Extreme Activities and Gymnastics
WEDNESDAY	Gymnastic Instruction	Boot camp conditioning, Bars, Vault, Floor, Trampoline
THURSDAY	BOYS EXTREME CAMP	Mixture of Extreme Activities and Gymnastics
FRIDAY	Gymnastic Instruction	Boot camp conditioning Bars, Vault, Floor, Trampoline