

# Summer Camp/Classes Summary

[\(see schedule for times and dates\)](#)

## Tumbling/Cheer Camps/Classes

**Tiny Tumbler-**Tiny Tumbler is a camp where parents get to join in the fun! Each camp offers something new for you and your toddler to explore. Classes consist of stretching and warm up, obstacle course training, and trampoline time. Enjoy being a part of your child's learning!

**PRICE: \$25/wk**

**Tumbling Tots-** Join us for a tumbling camp designed specifically for your preschooler! Your child will enjoy learning tumbling skills in our state-of-the-art tumble gym, including: forward and backward rolls, cartwheels, back-bends, straddle rolls, and handstands. Fun activities, games, and music are incorporated appropriately into each day of camp to keep your child actively engaged. All of our tumbling classes are taught by a USA Gym certified instructor!

**PRICE: \$65/wk. (4day) \$50/wk. (3day-select camps in July will only be held for 3 days due to instructor availability/holidays)**

**HUGS Tumbling UNLIMITED TOTS-** The HUGS program is an all-inclusive recreational outlet for children with neurological, physical or disabilities of any form. This program for ages 3-5 years, gives children of all abilities a place to participate in the sport of gymnastics as an individual and in a group setting. This is an opportunity for children to grow in many areas of their daily life, such as gross/fine motor skills, coordination and balance, following directions, expressive language, self-esteem and confidence. These classes follow gymnastic skills progressions adapted to each student's individual needs.

**PRICE: \$55/wk.**

**HUGS Tumbling UNLIMITED -** The HUGS program is an all-inclusive recreational outlet for children with neurological, physical or disabilities of any form. This program for ages 6 and up, gives children of all abilities a place to participate in the sport of gymnastics as an individual and in a group setting. This is an opportunity for children to grow in many areas of their daily life, such as gross/fine motor skills, coordination and balance, following directions, expressive language, self-esteem and confidence. These classes follow gymnastic skills progressions adapted to each student's individual needs.

**PRICE: \$65/wk.**

**Power Tumbling I-** This camp is for Level I Power Tumbling kids. No experience necessary to join this camp. Instructors will help those with little to no experience with basic tumbling skills including: cartwheels, back-bends, back-bend kickovers, straddle rolls, backward rolls, forward rolls, and head-stands. Students will also focus on strengthening and building muscle, conditioning, flexibility, and coordination. All tumbling camps are held in our state-of-the-art tumble gym with USA Gym Certified instructors

**PRICE: \$65/wk. \$50/wk. (3day-select camps in July will only be held for 3 days due to instructor availability/holidays)**

**Power Tumbling II-** This camp is for Level II Power Tumbling kids. Our instructors will build upon existing skills learned in Power Tumbling I, including: back-bends, back-bend kickovers, front-walkovers, back-walkovers and back-handspring skills. Students will also focus on strengthening and building muscle, conditioning, flexibility, and coordination. All tumbling camps are held in our state-of-the-art tumble gym with USA Gym Certified instructors.

**PRICE: \$65/wk.**

**Power Tumbling III-** This camp is designed for intermediate tumblers and builds on the fundamentals of tumbling skill learned in PT I & II. Students will work towards perfecting the following skills: handstands and handstand rolls, back-extension rolls, round-offs, back-walkovers, front and back handsprings, and several different trampoline and double mini jumps. Students will work with our certified USA gymnastics instructors to develop proper form and technique, while building strength, balance, and agility. All tumbling camps are held in our state-of-the-art tumble gym with USA Gym Certified instructors.

**PRICE: \$65/wk.**

**Tumble & Tricks I & II-**Join Coach Derek for this high energy camp that offers a wide variety of skills that center around aerial acrobatics. Elements of gymnastics, tumbling and other forms of movement will be highlighted as class content. This class provides an opportunity to hone old skills, as well as develop new skill in a controlled environment.

**PRICE: \$80/wk.**

**Cheer I & II Camps-** These high-energy cheer camps are perfect for beginning cheer or those that have completed level I or qualify for level III! Participants will learn cheer technique and skills including beginning cheers, cheer dance/choreography, and stunting.

**PRICE: \$55/wk.**

**Cheer Tumble Camps-** This high-energy cheer tumble camp is for beginning & intermediate cheer athletes! Participants will learn cheer tumble techniques and/or connect to skills already obtained.

**PRICE: \$55/wk.**

**TDC Competition Tumbling Teams**-For competition members only. Practices will run throughout the summer beginning June 19<sup>th</sup> and ending August 11<sup>th</sup>. Intermediate and Advanced teams will be scheduled for 3 hrs. 2x/week. Mini/Prep Team will be scheduled for 1.5 hrs. 2x/week

**PRICE: Int/Adv Team \$200/mo. Mini/Prep Team: \$160/mo.**

## **Tumbling Skills Camps**

**Skills & Drills Camps (I & II)**- These camps will be focused on skills for a Level I+ or Level III+ Power Tumblers. Attendants at this camp will be broken into groups by level. Our tumbling coach will help each athlete work towards tumbling skills and goals through drills related to said skill. These drills will help give athletes the resources and positions needed for said skills. All tumbling camps are held in our state-of-the-art tumble gym with USA Gym Certified instructors.

**PRICE: \$80/wk. (4day) \$60/wk. (3day-July 5-7<sup>th</sup> camps will only be held for 3 days due to the 4<sup>th</sup> of July Holiday)**

**Back-Handspring Camp**- This camp is designed for students working toward a back handspring and who have already mastered a backbend from standing. This camp will be run for 4 days. Students will have their skill level assessed on the first day and be broken into appropriate levels. All tumbling camps are held in our state-of-the-art tumble gym with USA Gym Certified instructors.

**PRICE: \$65/wk. \$50/wk. (3day-July 5-7<sup>th</sup> camps will only be held for 3 days due to the 4<sup>th</sup> of July Holiday)**

**Round-Off Camp**- This camp is designed for students working toward a round off which is the preliminary skill for a round-off back handspring and who have already mastered a cartwheel. This camp will be run for 4 days. Students will have their skill level assessed on the first day and be broken into appropriate levels. All tumbling camps are held in our state-of-the-art tumble gym with USA Gym Certified instructors.

**PRICE: \$65/wk. \$50/wk. (3day-July 5-7<sup>th</sup> camps will only be held for 3 days due to the 4<sup>th</sup> of July Holiday)**

**Aerial Camps**- This camp is designed for students working toward aerial skills and who have already mastered a cartwheel. Students will have their skill level assessed on the first day and be broken into appropriate levels. This camp will be run for 4 days. Students will have their skill level assessed on the first day and be broken into appropriate levels. All tumbling camps are held in our state-of-the-art tumble gym with USA Gym Certified instructors.

**PRICE: \$65/wk.**

**Front Tuck Camps**- This camp is designed for students working toward front tuck skills. Students will have their skill level assessed on the first day and be broken into appropriate levels. This camp will be run for 4 days. All tumbling camps are held in our state-of-the-art tumble gym with USA Gym Certified instructors.

**PRICE: \$65/wk.**

**Barani & Back Tuck Camps**- This camp is designed for students working toward Barani & Back Tuck skills. Students will have their skill level assessed on the first day and be broken into appropriate levels. This camp will be run for 4 days. All tumbling camps are held in our state-of-the-art tumble gym with USA Gym Certified instructors.

**PRICE: \$65/wk.**

**Handstand, Cartwheel, Bridge, Backbend/Back Walkover & Trampoline Skills Camps** - These camps will focus on learning and perfecting handstands, cartwheels, backbends, back walkovers and certain trampoline skills. These camps will be run for 2 days with multiple coaches. Students will have their skill level assessed on the first day and be broken into appropriate levels. All tumbling camps are held in our state-of-the-art tumble gym with USA Gym Certified instructors.

**PRICE: \$40/wk.**

## **Dance Camps/Classes**

**Creative Movement Camp**-This camp is a beginner level camp focusing on introducing toddlers to music, rhythm, and movement! Even the tiniest dancer will find something to love in this high-energy camp. Students play games and use props to enhance their experience as they make discoveries that will propel them into a lifetime of love for music and dance. A craft-time and performance will be held on the last day of camp.

**PRICE: \$35/wk.**

**Princess/Prince Ballet Camp**- Camp emphasizes musicality & creativity as the dancers practice balance & coordination. A craft-time and performance will be held on the last day of camp. \*

**PRICE: \$50/wk.**

**Tap Tots Camp-** This camp is perfect for your tiny dancer that just needs to move! Our Tap Tots class teaches beginning tap technique along with tempo, rhythm, across-the-floor exercises and gross motor coordination. All the while learning musicality and playing with fun props to enhance each dancer's experience.

**PRICE: \$35/wk.**

**Twinkle Toes Camp-** This camp is perfect for your kid that just needs to move! Welcome to Twinkle Toes; where we turn the lights down and the smiles turn up!! This camp is strategically choreographed to age-appropriate hits that will get every child grooving and sweating simultaneously introducing safe, easy and effective workouts!

**PRICE: \$45/wk.**

**Hip Hop Tots Camp-** This camp is perfect for your tiny dancer that just needs to move! Our Hip Hop Tots class teaches beginning hip hop technique along with tempo, rhythm, across-the-floor exercises and gross motor coordination. All the while learning musicality and playing with fun props to enhance each dancer's experience.

**PRICE: \$45/wk. \$35/wk. (3day-July 5-7<sup>th</sup> camps will only be held for 3 days due to the 4<sup>th</sup> of July Holiday)**

**Hip Hop I Camp-** This is a beginner level class, perfect for kids that are new to dance! Hip-Hop is one of the most recent popular dance styles for boys and girls alike. Classes are structured in a traditional hip-hop format; isolations, stretching, dance technique, progressive movements, combination and dance routines. If your child is looking for a fast-paced, high-energy dance class-this is it!

**PRICE: \$55/wk. \$45/wk. (3day-July 5-7<sup>th</sup> camps will only be held for 3 days due to the 4<sup>th</sup> of July Holiday)**

**Hip Hop II Camp-** This is an intermediate level class, perfect for kids who want to build on their existing dance skills! Classes are structured in a traditional hip-hop format; isolations, stretching, dance technique, progressive movements, combination and dance routines. If your child is looking for a fast-paced, high-energy dance class-this is it!

**PRICE: \$55/wk. \$45/wk. (3day-July 5-7<sup>th</sup> camps will only be held for 3 days due to the 4<sup>th</sup> of July Holiday)**

**Hip Hop III Camp-** This is an advanced level class, perfect for kids who want to build on their existing dance skills! Classes are structured in a traditional hip-hop format; isolations, stretching, dance technique, progressive movements, combination and dance routines. If your child is looking for a fast-paced, high-energy dance class-this is it!

**PRICE: \$55/wk. \$45/wk. (3day-July 5-7<sup>th</sup> camps will only be held for 3 days due to the 4<sup>th</sup> of July Holiday)**

**Combo Dance Camp-** Camp emphasizes technique, conditioning, and musicality as dancers practice balance, posture & coordination. Each day of the camp dancers will focus on different styles of dance and will incorporate a variety of dance moves into their routines. This camp includes a performance for family and friends on the last day. Bring a snack & water bottle!

**PRICE: \$165/wk. (3hrs/day)**

**Leaps & Turns Camp-** For dancers to learn, refresh and advance in dance technique. There will be separate camps for Beginner, Intermediate and Advanced students.

**PRICE: \$50/wk.**

**Beginner Clogging Camp-** Miss Deb often has folks ask her about learning to clog. This August, Miss Deb and Miss Cristina will be offering beginning clogging classes. Come and have some fun creating percussive sounds and laugh a lot! \*Miss Deb will have shoes available for rent.

**PRICE: \$50/wk.**

**JAM (13+) & JAM Jr. (7-12 yrs.)-** JAM is a 60-minute full body workout choreographed to today's hottest hits. Each camp day is guaranteed to get you moving, smiling and sweating no matter the fitness level. Megan has strategically choreographed each level to age-appropriate hits and allows modifications of every move as well as advancements, JAM gives you the potential to burn up to 600 calories per class for beginners & experts alike!

**PRICE: \$55 /wk.**

## **Martial Arts Classes**

**Soaring Dragons Novice/Int/Adv. Class-** Classes will be held 2x/wk on Mondays and Wednesdays for our summer session beginning Monday, June 19<sup>th</sup>. (see schedule for times) All within a fun, safe and structured environment! Classes are high energy, where your child will learn the basis of TaeKwonDo. They'll love every second of each positive, high-energy, goal-driven class. Our instructor, Sensei Nory, has many years of experience working with children. She understands the importance of a positive, encouraging, yet challenging experience, that will keep students motivated and learning.

**PRICE: \$95/mo.**

## **Adult Fitness Classes**

### **UNLIMITED Rhythm & Tai Chi (M/W/F):**

**Rhythm Fitness:** Take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Students as young as 12 and as mature as 70 something are welcome. These classes are NO pressure, very casual, non-intimidating.

**Tai Chi:** Originally developed for self-defense, Tai Chi has evolved into a graceful form of exercise that is now used for stress reduction and a variety of other health conditions. Tai Chi is low-impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels.

**PRICE: \$35/mo. or \$5 drop-in fee/class**

**Rhythm Fitness:** Take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Students as young as 12 and as mature as 70 something are welcome. These classes are NO pressure, very casual, non-intimidating.

**PRICE: \$30/mo. or \$5 drop-in fee/class**

**TAI CHI ONLY(T/Th):** Originally developed for self-defense, Tai Chi has evolved into a graceful form of exercise that is now used for stress reduction and a variety of other health conditions. Tai Chi is low-impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels.

**PRICE: \$20/mo. or \$5 drop-in fee/class**