

Spirit Xtreme

SUMMER 2010

Camps and Clinics

Cheer Like a XTREME Rock Star!

June 22-24

9:00a.m. - 12:00p.m.

Ages: 5 and up

Three day camp filled with XTREME fun! Come and have fun learning to tumble, jump, and stunt! Cheers, chants and dances will be taught with a show off for parents on the last day of camp! Snack will be provided for all participants. Register early to receive your "Cheer Like A Rock Star" T-Shirt!

Tumbling and Specialty Clinics

Two hour clinics completely dedicated to improving and perfecting your skills.

FRONT TUMBLING clinic will focus on ALL front tumbling from front walkovers to front handspring fronts. Participants will be divided out by age and ability level.

June 14th / July 19th 10:00a.m. - 12:00p.m.

BACK HANDSPRING clinic will focus on technique of the standing back handspring and more!

Participants will work on stepping out of BHS. Speed in running tumbling will be worked on as well as running tumbling variations such as step outs, etc.

June 15th / July 20th 10:00a.m. - 12:00p.m.

BASKET TOSS clinic will focus on proper basket toss technique from the base to the flyer.

Participants will be divided out by age and ability level.

June 16th / July 21st 10:00a.m. - 12:00p.m.

JUMP clinic will focus on taking your jumps to the next level. Want to be the front of the formation?

Come and learn techniques to improve your jump height, flexibility and form!

June 17th / July 22nd 10:00a.m. - 12:00p.m.

Parents Night Out!

6:00 - 10:00p.m.

\$25 (Additional Siblings \$10 each)

June 25th, July 16th, August 20th

Enjoy a night out while your kids have fun! Activities for boys and girls! Pizza will be provided!

Pre Registration Requested, but Not Required. Must be Potty Trained.