

Cheernastics

Join us **June 19, from 9am – 12pm**. Does your child love cheerleading, tumbling, and gymnastics, but maybe they can't decide which they like the most? Don't worry – we've got the solution. No longer will she have to choose which one to do! Cheernastics is perfect for you! During this camp, the athletes will work on cheerleading jumps, motions, learn a cheer, and work on their tumbling. With all that excitement, it's hard to get bored! This clinic is geared toward beginner athletes.

Cost: \$40 for Members, \$45 for Non-Members

Ages: 4-8years

Registration Deadline: June 15, 2019

Requirements: Waiver on file



Cheer and Tumble

Join us **June 5 9am – 3pm!** Does your child love cheerleading and tumbling? Are they a Pop Warner or SYFL cheerleader and want to improve their skills? This camp will help kids improve in all areas of cheer or even explore if cheerleading is for them! Kids will work on jumps, tumbling, motions, dance, stunting and more! At the end of the day kids will perform for parents!



Cost: \$60 for Members, \$65 for Non-Members

Ages: 6-14

Registration Deadline: June 1, 2019

Requirements: Waiver on file

Messy Camp

Join us **July 24 9am – 12pm!** This camp will bring out your child's most creative side through encouraged messy play! We will do fun creative movements that will prepare your child for kindergarten through independent and group-learning, allowing him or her to be social and make friends while having fun. We'll do messy crafts, messy games and get our hair messy as we play games during open gym.

Registration Deadline: July 20, 2019

Ages: 3-6

Cost: \$40 for Members, \$45 for Non-Members

Required: Waiver on file



Ninja Camp

Join us **July 10, 9am – 3pm**. In this fast paced fun camp, kids will go through obstacle courses, play fun ninja games, compete in races and try to earn their Top Ninja Bands! Snack provided, please pack a lunch.

Registration Deadline: July 6, 2019

Ages: 6-10

Cost: \$60 for Members, \$65 for Non-Members

Required: Waiver on file



Preschool cheer and tumble

Join us **July 31 9am-12pm!**

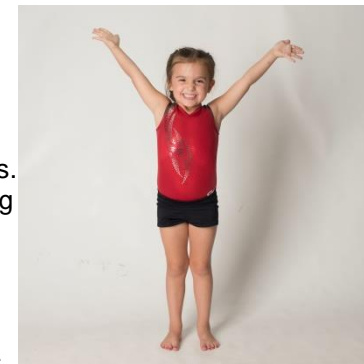
In this awesome preschool camp, we will be exploring cheerleading, tumbling and gymnastics. Athletes will enjoy fun and basic skills that athletes learn thru the HOT programs. Camp will include games, activities and working on gross motor skills.

Registration Deadline: July 27, 2019

Ages: 3-5

Cost: \$40 for Members, \$45 for Non-Members

Required: Waiver on file



GIRL POWER- Strong Bodies and Powerful Minds

Join us **June 26 9am-3pm!** This camp aims to teach skills that help girls navigate the challenges of their sport and daily lives with a feeling of confidence and empowerment. Topics include self-awareness, stress management, nutrition, body image and the female athlete's body and positive mindsets.

Registration Deadline: July 12, 2019

Ages: 11-18

Cost: \$60 for Members, \$65 for Non-Members

Required: Waiver on file

