

REVISED SUMMER SCHEDULE FINAL!!

July 5th

4:15-5:15 4:15-5	LEVEL 1-3 Acro Minimites	4:15-5:10	SFN (strength/Flexibility/Nutrition) Part 1
5:15-6:30	AERIAL/BKHS		
6:30-6:50	SFN Part 2		

July 6th

4-5:15	LEVEL 4+ Acro		
5:15-6:15	ADULT ACRO FIT	5:15-6:15	Flexibility/Stretch

July 11th

4:15-5:15 4:15-5	LEVEL 1-3 Acro Minimites	4:15-5:10	SFN (strength/Flexibility/Nutrition) Part 1
5:15-6:30	AERIAL/BKHS		
6:30-6:50	SFN Part 2		

July 14th

4-5:15 4-5	Level 4+ Acro Level 1-3		
5:15-6:30	AERIAL/BKHS	5:15-6:15	Flexibility/Stretch
6:30-7:45	SFN		

July 15th

4:15-5:15 4:15-5	LEVEL 1-3 Acro Minimites	4:15-5:10	SFN (strength/Flexibility/Nutrition) Part 1
5:15-6:15	Balancing (canes and floor)	5:15-6:15	Flexibility/Stretch
6:15-6:35	SFN Part 2		

July 17th

10-11:15	LEVEL 4+ Acro		
11:15- 12:15	Balancing (Canes and floor)		
		12:15- 1:15	Flexibility/Stretch

July 18-22nd – DEMOS NEEDED and it's free training!!!!

July 18-19 Module 1 (level 3 or higher) 12:45-4:45pm

July 20 Aerial/BKHS 9-1pm

July 21-22 Module 2 (level 5 or higher) 10:30-5pm

JULY 20th – NEW CLASS TUMBLING 2-4pm

I will be teaming up with Vicky Fletcher (Ontario) Tumbling expert and one of my favourite teachers to learn from for an afternoon of tumbling and progressions! **\$50....LIMITED SPOTS**
2 levels Beginner/Int and Advanced....students will be assessed after warmup!

Aug 4th

4-5:15	Acro 4+	2-4	Privates
5:15-6:30	AERIAL/BKHS		
6:30-7:30	ADULT ACRO FIT	6:30-7:30	Flexibility/Stretch

August 9th

3:15-4	MINIMTES		
4-5:15	SFN /Acro Level 4+		
5:15	PRIVATES		

AUGUST 10TH

4:15-5:15	LEVEL 1-3 Acro	2-4	Privates
4:15-5	Minimites		
5:15-6:30	SFN /Acro Level 4+		

AUGUST 11th

4-5:15	Acro 4+		
5:15-6:30	SFN		

August 16th

1:30-2:45	CONTORTION		
2:45-4	Privates		
4:15-5:15	Acro Level 1-3 Minimites		
5:15-6:30	Acro 4+		

August 18th

1:30-2:45	CONTORTION		
2:45-4	Privates		
4:15-5:15	Acro Level 1-3 Minimites		
5:15-6:30	Acro 4+		

ANNUAL AUGUST SUMMER ACRO INTENSIVE – AUG 24/25TH

MINIS (3-5yrs).....9-10am \$40

L1-3 (6-8Yrs).....10-11am \$40

L1-3 (9+ yrs).....11-12:15pm \$50

L4-6.....12:15-2pm \$70

L7+.....2-4pm \$80

COST OF ALL OTHER CLASSES:

MINIS - \$15.75/CLASS

LEVEL 1-3/FLEXIBILITY CLASSES/HAND BALANCING/Adult Classes - \$18.90/CLASS

LEVEL 4+, SFN, BACKHANDSPRING - \$21/CLASS

CONTORTION \$47.25 for both days

Private lessons, semi private and small group (3-5 students)

Booking up but have some spots available.

Privates: \$65 (Miss Jill and Miss Tori)

\$45 (Miss Zoe)

Semi Private (2 students)

\$40/student

Group Class (3-5 students)

\$30/student