



Improve your skills over winter break at our

WINTER FLIP CAMP

When: December 27th & 28th 10 a.m to 3 p.m.
Where: 3218 N. Richmond Rd. McHenry, IL. 60051
Cost: one day: \$85 two day \$150

There will be four 45 minute training sessions and a 45 minute open gym at the end. There will be a 30 minute lunch break, please bring a lunch. The training sessions will include standing tumbling, running tumbling, tumble trak, and trampoline work.



LIMITED SPOTS AVAILABLE
For more information please email foxvalleytumbling@comcast.net or call us at 815-363-3547



-----Tear here & send in info below:-----

Please check the following skills that you can complete unassisted:

- Standing back tuck _____
- Round off back handspring _____
- Standing back handspring _____
- Running r.o back tuck _____
- Back full _____
- Double full _____
- My goals for camp are:_____

Submit forms, waiver and payment by
Dec. 22nd, 2019
Child's name: _____
age: _____
Phone # _____
Dec. 27th: _____
Dec 28th: _____
Both days! _____