

## Improve your skills over winter break at our

## WINTERFLIPCAMP

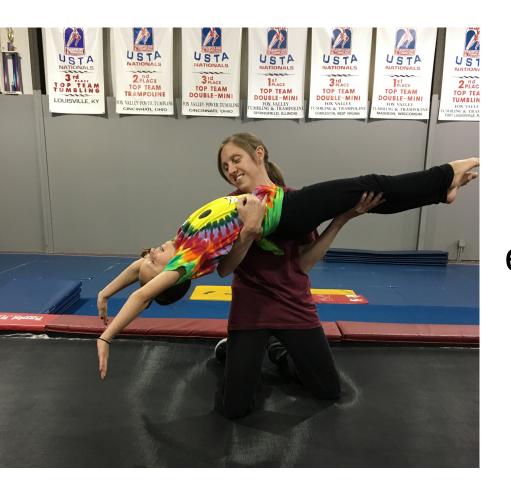
When: December 27th & 28th 10 a.m to 3 p.m.

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

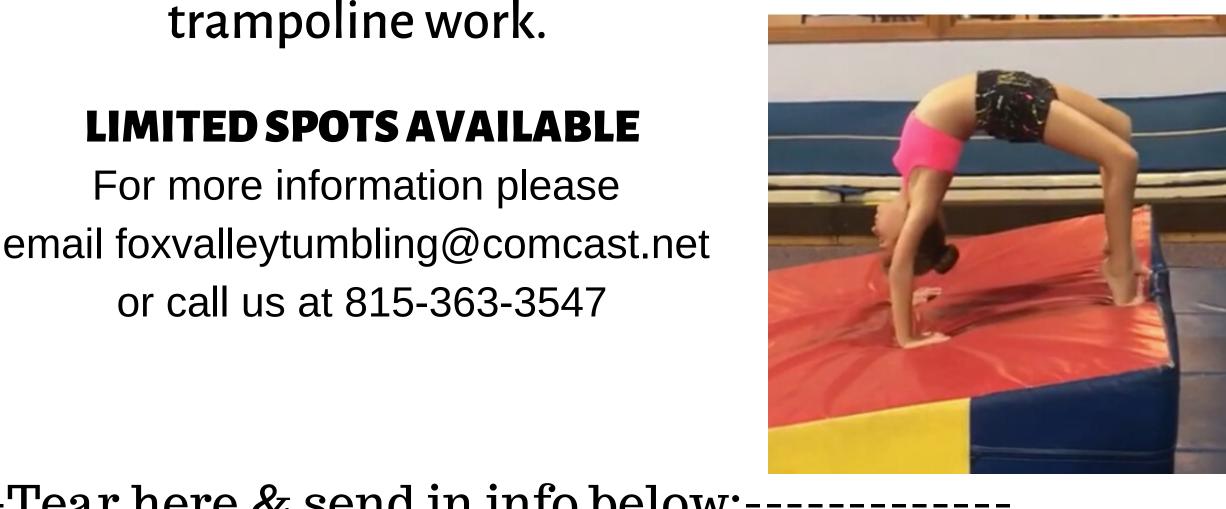




My goals for camp are:\_\_\_\_\_

## LIMITED SPOTS AVAILABLE

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



Iear nere & send in into below.	
Please check the following	Submit forms, waiver and payment by
skills that you can	Dec. 22nd, 2019
complete unassisted:	Child's name:
Standing back tuck	age:
Round off back handspring Standing back handspring	Phone #
Running r.o back tuck	Dec. 27th:
Back full	Dec 28th:
Double full	

Both days! \_