



# **DCA Summer Flex Training**

## **June 1 - August 14**

### **For the Highly Motivated Athlete**

### **That Wants to Train Like the Team**

This program is for the highly motivated athlete that wants to train 2-5 times per week like the team kids do. We all know that the more time someone spends in the gym, the better their tumbling will get. The more an athlete trains, generally the faster, quicker, stronger, confident and more skilled the athlete will become than someone who just trains 1x a week. Athletes will often train at the same time as our TNT team kids which is a great opportunity to watch and learn from some of the best tumblers and trampolinists in the country!

This program is for boys and girls, ages 1st - HS and must be at a minimum, the intermediate tumbling level (must have a solid round off with a rebound and the start of a BHS).

**Flex Training Days & Times:**  
**Mondays - Thursdays**  
**11:00am - 12:30pm or 1:00pm - 2:30pm**  
**+ Fridays 9am - 10:30pm**  
**11 weeks/ \$489 (after 3/31 \$510)**

Come as many days/week as you like and work tumbling skills and/or trampoline skills. 1.5 hours each day. You choose your times and days.

Coaches will be there for you/all levels.

No classes 6/18, 6/19, 7/3, 7/6 at the above times.

**DuPage Cheer & Power Tumbling**  
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