

DCA Summer Session: June 8 - August 6

8 week session- UNLIMITED MAKE UPS!!!!

We know you are busy over the summer. Between vacations, summer camps, other sports and programs, your days get booked very quickly. But tumbling or trampoline classes are still important to your child and they want to train over the summer. With our 8 week summer session you keep your same structured class from the school year but know that you can schedule UNLIMITED MAKE UPS anytime during the 8 weeks. This is for the family that might be gone a lot of the summer but wants to keep their regular class 1x/week so they can maintain the skills they learned this year and not loose them this summer. Register for the class that you will be able to make most consistently but know you have unlimited make ups all summer long.



Little Tumbler Classes: 45 min - 1 hr (ages 2-6 yrs)

Parent Tot (ages 2-3 w/parent) 45 min - \$88

Mighty Tumblers (ages 3-4) 1 hr - \$120

Kinder Tumblers (ages 5-6) 1 hr - \$120

All Little Tumbler classes offered at 10am on Monday - Thursday

Intro to Tumbling - 1 hr (ages K - 5th) - \$162/\$284 2x/wk

Classes offered: Monday - Thursday @ 4:05pm, 5:10pm or 6:15pm.

Intermediate & Advanced Tumbling - 1.5 hr (ages 1st - 6th)- \$212/\$371 2x/wk

Classes offered: Monday - Thursday @ 4:15 and 6:00pm.

Jr. High/High School Tumbling - 1.5 hr (ages 6th gr - 12th)-\$212/\$371 2x/wk

Classes offered: Monday - Thursday @ 4:15 and 6:00pm

TNT (tumbling & trampoline) - 1.5 hr (ages 1st - HS)- \$212/\$371 2x/wk

Classes offered: Monday - Thursday @ 4:15 and 6:00pm

Cheer Technique Class- Drills, Skills, Stretch & Strengthen- 45 min (ages 1st - HS) - \$70 as 2nd class

Classes offered: Monday - Thursday @ 5:30 - 6:15pm or 7:15 - 8:00pm

No Classes July 6 - 9. Sibling discounts available. Can prorate into a class anytime. New students pay prorated membership fee \$15/\$25 family. To schedule a make up, call the gym no earlier than 1 week before you want to schedule the make up. All make ups must be made up before last day of session (August 6th). No refunds once session is paid for. No credits given for school year if missed classes are not made up. No transferring missed classes to other students. Don't see a class time that works for you? Give us a call and we may be able to start a new class for you! Drop in/daily rate or trial classes: \$25/1 hr classes and \$30/1.5 hr classes space permitting and cash only. For class descriptions or help with deciding which class is best for you, please go online or call the gym.

Check out our Summer Camp & Class Packages online. Discounts when you sign up for both!

Register by March 31st to get these low Early Bird prices. April 1st prices increase by \$15.

DuPage Cheer & Power Tumbling 630-588-9000 www.dupagetumbling.com



DCA Summer Flex Training

June 1 - August 14

For the Highly Motivated Athlete

That Wants to Train Like the Team

We all know that the more time someone spends in the gym, the better their tumbling will get. It's called VOT or volume of training. 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. Summers are a great time to increase this VOT as we don't have the school commitments and classwork to get in our way. This program is for the highly motivated athlete that wants to train 2-5x a week like the team kids do with a flexible schedule so they can come whenever they want, as often as they want and increase their skills over the summer. 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. No need to call ahead. Coaches will be there for you/all levels.

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

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630 -588-9000 or coach@dupagetumbling.com