



# ACRO & FITNESS SUMMER WORKSHOP

with Miss Eros, Miss Sydney and Mr George

**MON AUG 20<sup>th</sup> to FRI AUG 24<sup>th</sup>**  
**6:00pm to 8:30pm**

MON	TUES	WED	THURS	FRI
6pm to 8:30pm  Stretch n Strength/Flexibility And Tumbling	6pm to 8:30pm  Stretch n Strength/Flexibility and Contortion	6pm to 8:30pm  Flexibility and Acro	6pm to 8:30pm  Acro Tricks And Tumbling	6pm to 8:30pm  Acro Partner Work/Tricks And Contortion

\*each class will consist of a proper warm up and cool down

**Cost: \$120 + HST for the whole week**

**Attire: Dance attire/athletic gear**

**Please bring indoor running shoes for SNS**

**Bring a non-glass water bottle**

**Mandatory for all competitive dancers**