



DANCER TUMBLING INTENSIVE 1 2025 INFORMATION



3620 A Laird Rd. Unit 9 & 10 Miss., On L5L 6A8
Ph. 905-607-5437
kids-supergym.com kidssupergym.miss@gmail.com

Time: 9:00am - 12:00 pm
or 1:00pm - 4:00pm

☐ JULY 2, 3, 4, 2025

☐ JULY 8, 9, 10, 2025

☐ JULY 15, 16, 17, 2025

☐ August 12, 13, 14, 2025

- All Basic skills to be reviewed
- Conditioning
- Flexibility
- Use of gymnastics equipment
- Sprung Floor use

Limited numbers

GYMNASTICS ONTARIO AND
INSURANCE FEE**

***\$255.00+ HST per 3-day week**

** Participants must have a base skill level in the following: handstand, cartwheel, bridge kickover, and handstand to bridge.

This program is tailored for dancers who want to enhance their skills in acro elements of dance. The focus will be on building strength and flexibility and developing skills such as walkovers, progressions to aerials and back handsprings, balances, leaps, jumps, and more

* Depending on enrolment KSG Gymnastics may need to edit or change our summer program schedule.

PREPAYMENT REQUIRED
– e-transfer / Credit card

REGISTRATION INFORMATION
CAN BE SUBMITTED THROUGH
THE PARENTAL PORTAL IN
JACKRABBIT

***PLUS HST**

**** \$47.79+hst** if participant not registered. Valid July 1 2025-June 30 2026

If you are unable to follow instructions and direction from our coaches unfortunately, we may have to cancel your registration.

Payment would be refunded if KSG Gymnastics cancels the registration JACKRABBIT

Refund & Payment Policy

- ❖ No refund will be given once week of Intensives have started, unless KSG Gymnastics cancels the classes or your registration due to behavioural non-compliance.
- ❖ Classes may be cancelled at any time. Payment will be refunded or can be used as a credit in future registration.
- ❖ Missed days will not be credited, refunded or transferred.

Intensives DO'S at a glance

- Complete online registration (see Jackrabbit link)
- Wash hands before and after snacks
- Half day program: 1-2 snacks
- Label each bag with participant's name
- Pack each athlete's snacks separately
- Label water bottles with participant's name
- Comfortable, stretchy clothing
- Bare feet in gym / indoor shoes
- Tie up longer hair in pigtails or ponytail

Intensives DON'TS at a glance

- **NO NUTS OR PEANUT PRODUCTS**
- Avoid snacks that need to be refrigerated
- Avoid snacks that need to be reheated
- Avoid shared snacks
- Avoid loose jewellery
- **No electronics or toys**
- No gum
- Avoid skirts or dresses