



DANCER TUMBLING INTENSIVE 2 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 mastered front and back walkovers
and have experience working on back handsprings and aerials.

Our Dancer Tumbling Intensive 2 is geared towards dancers. Focus will be on strength, flexibility, and skill building. Skill focus will be on front & side aerials, multiple back handsprings, layout step-out & tumbling combinations, as well as leaps, jumps, balances 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