



DANCER TUMBLING INTENSIVE 3 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

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

****Participants must have mastered the side aerial and round-off back handspring.**

Our Dancer Tumbling Intensive 3 is specifically designed for dancers who want to enhance their skills for acro elements of dance. We will continue to emphasize strength, flexibility, and skill development. The skill focus will be on mastering multiple back handsprings, incorporating a layout step-out or a back tuck at the end of a tumbling line, as well as various aerial and tumbling techniques/variations.

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

Limited numbers

**GYMNASTICS ONTARIO AND
INSURANCE FEE****

*** 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