

Tumbling/Trampoline Camp



Now Enrolling for

**SUMMER
CAMPS**

JOIN US!

AGES: 6 - 12

9:00AM - 3:00PM

**JUNE 4 - 6 JULY 16-18
JUNE 11-13**

CAMP COST (EACH)

\$175 + TAX IF PAID BEFORE CAMP

\$180 + TAX DAY OF CAMP

\$60 + TAX PER DAY MEMBERS

\$70 + TAX PER DAY NONMEMBERS

645 WESTMEADE DRIVE
WINCHESTER, KY 40391
THOROUGHbredGYM.COM

859-744-7068

Skills Oriented Camp:

9:00 - 9:30:	Arrival, Set Goals, Warm-ups
9:30 - 10:00:	Work on Goals
10:30 - 10:45:	Snack Break*
10:45 - 11:45:	Work on Goals
11:45 - 12:00:	Free Time (May include in door/outdoor activities e.g. tennis, volleyball)
12:00 - 12:30:	Lunch*
12:30 - 1:00:	Free Time (May include in door/outdoor activities e.g. tennis, volleyball)
1:00 - 2:00:	Work on Goals
2:00 - 3:00:	Perform skills for ribbons

**Campers provide their own snacks and lunch*

Camp Instructor:

Ainsley Yates

USTA Coach

Thoroughbred Staff 3+ years

GRC Graduate 4.0 GPA

GRC Cheerleader

GRC Dance Team

EKU Student

Cheer Camp Information



THOROUGHbred
TUMBLING TRAMPOLINE



**CHEER
CAMP**

JOIN US!

****Previous Cheer Experience is NOT Required****

AGES: 6 - 12
9:00AM - 3:00PM

JULY 9 - 11
JULY 30 - AUG 1

Parent Performance on the last day of camp!!

CAMP COST (EACH)

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\$180 + TAX	DAY OF CAMP
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\$70 + TAX PER DAY	NONMEMBERS

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Skills Oriented Camp:

9:00 - 9:15:	Drop Off/Sign In
9:15 - 9:30:	Team Building Activity
9:30 - 10:30:	Stretching & Tumbling
10:30 - 11:00:	Snack & Water Break
11:00 - 11:30:	Learn Sideline Cheer
11:30 - 12:00:	Free Time
12:00 - 12:30:	Lunch*
12:30 - 1:30:	Learn Dance
1:30 - 2:00:	Tumbling
2:00 - 2:15:	Snack & Water Break
2:15 - 2:50:	Review Learned Material
2:50 - 3:00:	Cleanup/Parent Pickup

**Campers provide their own snacks and lunch*

Camp Instructors:

Jess Rose

USTA Coach
Thoroughbred Staff Member
Tumbling: 15 Years Experience
Cheerleader: 8 Years Experience

Ainsley Yates

USTA Coach
Thoroughbred Staff 3+ years
GRC Graduate 4.0 GPA
GRC Cheerleader
GRC Dance Team
EKU Student

Parent performance at 2:15pm on the final day of each camp!!