

DANCE PLUS TUMBLING INTENSIVE



8 PADDOCK HILLS SHOPPING, FLORISSANT, MO 63033

SESSION I 7/6 - 7/10

SESSION II 7/20 - 7/24

Intensive will focus on flexibility, strength and skill development to learn and better execute acrobatic skills.

Novice participants will learn basic tumbling skills with a focus on safe execution and recovery.

Intermediate/advanced participants will have the opportunity to work on desired new skills, as well as improve upon established skills.



AGES: 5 AND UP

TIME: 3PM - 5PM

LEVELS: OPEN

COST: \$100

FLEXIBILITY

STRENGTH

SKILL

FLEXIBILITY

STRENGTH