



SPRING BREAK
AT
G FORCE GYM

Maintenance Classes: Tumbling & Fitness

\$10 per Session

\$30 for a Punch Card of unlimited classes *(VAS Members ONLY)*

6:00-7:00 PM	4:00-5:00 PM
Tues, Mar 13th	Tues, Mar 20th
Wed, Mar 14th	Wed, Mar 21st
Thurs, Mar 15th	Thurs, Mar 22nd

Register for Maintenance Classes at the Front Desk

OR

Spring Break Cheer Camps - *Designed for All Ages:*

Cost - \$125 +tax for 5 Day-Half Day or \$175 + tax for 5 Day Full Day

****VAS TEAM Athletes save \$50 on any Camp**

MORNING or AFTERNOONS... OR BOTH!! YOU CHOOSE!!

ONLY ONE WEEK: CHEER ALL-DAY CAMP Mon, March 19th - Fri, March 23rd

Full Day 9am to 4pm or, Half Day: 9am to 12pm and/or 1pm to 4pm

CHEER CAMP Beginners & L1 Daily Activities

Learn and progress in motions, dance and jumps
Gymnastics & Tumbling Training & Technique
Trampoline Skills and Fast Track practice
Spotting, Stunting and Building Skills and Drills
Goal Setting and Progress Review
Final Group Routine and Performance on last day

ELITE SKILLS CHEER CAMP(L2-L5) Daily Activities

Learn & Master all **Jump variations** and whips
Complex **motions and dance** combos
Level 2-5 Tumbling Training & Technique
Trampoline Skills and Fast Track & Rod Floor practice
Advanced Stunting and Flying - Improve & Take it to the next level - Make everyone take notice !!
Optional Performance of an **Individual's Routine** on Last Day

Register for Spring Break Camp ONLINE by going into your family portals OR use this link:

<http://vancouverallstarcheer.com/register-online>