

J Star Gymnastics

Jump, Stunt & Tumble

2018 Camp Spotlight

August 20-24 9:00am-4:00pm (Full)
9:00am - 1:00pm (Half)

(Ages 5-13 yrs.)

Week \$200

Half Days \$100

Single Days \$60

Jump, Stunt & Tumble Camp is all about experiencing one of the fastest growing sports in the country: cheerleading! Whether your child is already on a team, wants to prepare for a school team, or simply wants to have some fun, Jump, Stunt & Tumble Camp is the place to advance your knowledge of the sport. Cheerleaders in this high-energy camp will learn to perform jumps, motions, tumbling and stunts, as well as learn about showmanship and teamwork. On Friday, campers will do a final performance with music in front of their friends and family! A cheerleading related craft is included every day in this camp.



Monday: On Monday, Jump, Stunt & Tumble campers will be introduced to the sport of cheerleading! We will spend the day learning the basic motions and jumps that will be emphasized throughout the entire week. Campers will also tie-dye t-shirts that will be worn during their final performance on Friday!

Tuesday: Tuesday will begin with a review of the important techniques learned on Monday, and will end with learning a new dance. Campers will spend time practicing their jumps on the trampoline, as well as tumbling. Craft time will be spent making their very own pom-poms!

Wednesday: Today is the day that cheerleaders will start putting together their routine for their Friday performance! Cheerleaders will learn about formations, transitions and synchronization when performing a routine for an audience. We will also spend time making hair bows for our Friday performance!

Thursday: Thursdays at Jump, Stunt & Tumble Camp mean water day! Cheerleaders will spend the morning reviewing what they've learned during the week, as well as finalizing their performance routine for tomorrow! Megaphones will be made, and then the day will conclude with water activities!

Friday: The big day is finally here-Performance Day! Campers will experience what it's like to be a real cheerleader performing on stage! The day will be spent reviewing and practicing our routine, and will end with a high-energy performance in front of family and friends!



J Star Gymnastics
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