



Flight Club

Tumbling Xtras

SPECIALIZED GROUP TUMBLE CLINICS

These tumble clinics are for cheer, dance, martial arts or acrobatic teams looking to enhance their tumbling abilities and strengthen choreographed routines. Teams can schedule 1 hour, 1.5 hour or 2 hour private clinics with Flight Club tumbling instructors to work on required elements or to learn new tumbling skills to incorporate into their routines.

All teams will practice both standing tumbling and tumbling passes. Athletes will make use of Flight Club's spring floors, tumble track, trampolines and non-spring padded floors.

If you have elements of a routine that you would like to focus on, such as jump sequences into standing tumbling, synchronized tumbling passes, aerial cartwheels or walkovers, please let us know! We will specialize your teams clinic to your tumbling needs for the season!

Saturday's

12pm-1pm or 1pm-2pm	\$10/athlete
12pm-1:30pm or 12:30pm-2pm	\$13/athlete
12pm-2pm	\$15/athlete

\$100 minimum per hour

Parent signed waiver required for each athlete.

\$25 non-refundable deposit.

Flight Club only accepts cash or check payments.

CONTACT STACEY TO
RESERVE YOUR CLINIC TODAY!! 847-515-1935

FLIP-FLOP SHOP

Ages 5-18 years

\$10/child

12pm-1pm

September 13th

November 1st

This hour is packed with flip-flops! Tumblers of all ability levels will work on standing flip-flops, round-offs and connecting the round-off and the flip-flop.

Already have your round-off flip flop with no spot? Then you will work on connecting round-off multiple flip-flops, up to round-off 7 flip-flops!

Parent signed waiver required for each athlete. Please pre-register 24 hours in advance to guarantee your child's spot. Payment required at time of sign-up. Flight Club only accepts cash or check payments.

CHECK OUR WEBSITE FOR MORE DATES IN 2015!!

FIELD TRIPS

Are you a play group, scout troop, school group, daycare, or preschool looking for a fun filled field trip? Plan your day at Flight Club! Kids will enjoy age specific group games, obstacle courses, relay races, jumping in the foam pit and a fun lesson on the tumble track and trampolines!

Field trips can be scheduled Monday-Friday 9am-3pm.

Cost: \$5/child for 1 hour, \$8/child for 1.5 hours, and \$10/child for 2 hours. \$50 minimum per hour.

Parent signed waiver required for each child \$25 non-refundable deposit. Flight Club only accepts cash or check payments.

RESERVE YOUR FIELD TRIP TODAY!

OPEN GYM

Ages 5-18 years

Friday's 7pm-8pm

\$5/child

Parent signed waiver required for each participant.
Open Gym is cancelled: 9/26, 10/31, 11/28, 12/26, 1/2