

Tumble, Silk Aerial, Lyra Summer Camp: \$200  
 Monday, July 6th-Thursday, July 9th

East Coast Performing Arts  
 386-774-0555

Performances Thursday Evening 7 to 8pm  
 Sign Up NOW to reserve your spot!!

	<b>East Coast Studio</b>		<b>Unique Studio</b>	
<b>Monday</b>				
	<b>4:00-5:00</b>	<i>Stretch/Strength/Stamina</i>	<b>4:00-5:00</b>	<i>Stretch/Strength/Stamina</i>
	<b>5:00-6:30</b>	<i>Tumble(Back to Basics)</i>	<b>5:00-6:00</b>	<i>Silks &amp; Lyra</i>
	<b>6:30-7:00</b>	<i>Warm-Up, Acro Balancing Skills</i>	<b>6:00-6:30</b>	<i>Dinner Break</i>
	<b>7:00-8:00</b>	<i>Tumble (Back to Basics)</i>	<b>6:30-7:00</b>	<i>Dinner Break</i>
			<b>7:00-8:00</b>	<i>Silk &amp; Lyra</i>
<b>Tuesday</b>				
	<b>4:00-5:00</b>	<i>Stretch/Strength/Stamina</i>	<b>4:00-5:00</b>	<i>Stretch/Strength/Stamina</i>
	<b>5:00-6:30</b>	<i>Tumble (Upper Body &amp; Partnering)</i>	<b>5:00-6:30</b>	<i>Silks &amp; Lyra</i>
	<b>6:30-7:00</b>	<i>Dinner Break</i>	<b>6:30-7:00</b>	<i>Dinner Break</i>
	<b>7:00-8:00</b>	<i>Tumble (Upper Body &amp; Partnering)</i>	<b>7:00-8:00</b>	<i>Silks &amp; Lyra</i>
<b>Wednesday</b>				
	<b>4:00-4:45</b>	<i>Stretch/Strength/Stamina</i>	<b>4:00-4:45</b>	<i>Stretch/Strength/Stamina</i>
	<b>4:45-6:15</b>	<i>Tumble (Backwards Tricks)</i>	<b>4:45-6:15</b>	<i>Silks &amp; Lyra (Adding Partner Skills)</i>
	<b>6:15-6:45</b>	<i>Dinner Break</i>	<b>6:15-6:45</b>	<i>Dinner Break</i>
	<b>6:45-8:00</b>	<i>Tumble (Backwards Tricks)</i>	<b>6:45-8:00</b>	<i>Silks &amp; Lyra (Adding Partner Skills)</i>
<b>Thursday</b>				
	<b>4:00-4:45</b>	<i>Stretch/Strength/Stamina</i>	<b>4:00-4:45</b>	<i>Stretch/Strength/Stamina</i>
	<b>4:45-6:15</b>	<i>Tumble (FWD Tricks &amp; Aerials)</i>	<b>4:45-6:15</b>	<i>Silk &amp; Lyra</i>
	<b>6:15-6:45</b>	<i>Dinner Break</i>	<b>6:15-6:45</b>	<i>Dinner Break</i>
	<b>6:45-7:00</b>	<i>Review on Technique &amp; Skills Leaned. (MUST HAVE PAPER &amp; PENCIL)</i>	<b>6:45-7:00</b>	<i>Review on Technique &amp; Skills Leaned. (MUST HAVE PAPER &amp; PENCIL)</i>
	<b>7:00-8:00</b>	<i>Performance of Skills for Parents</i>	<b>7:00-8:00</b>	<i>Performance of Skills for Parents</i>

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<b>Dress Code</b>				
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	<b>For ALL Classes:</b>	<p><b>Students MUST have hair up and pulled out of face. Please No Pony tails. Hair needs to be pulled back so it is not going to get tangled in Silks</b></p>		<p><b>No Jewelry on students at anytime. Students can wear athletic attire. No Shoes needed. You can bring work out gloves for Silk &amp; Lyra classes if needed.</b></p>
<b>Information</b>				
<b>Level 1 Ages 10-18</b>	Int/Adv Skill Level		<b>Students are required to bring:</b>	
<b>Level 2 Ages 7-10</b>	Beg/Int Skill Level			
Students will be placed with the level that			- Notebook & Pencil	
corresponds to their age. However, after the first			- Water Bottle	
day of classes the teachers are able to move a student			- Snacks/Dinner	
to a more appropriate level based on merit shown.			- Warm-Up Attire	
			Great Attitudes!	

