



Extreme Quest Sports Camp

July 31 - August 4

9 a.m. - noon

GymQuest, 3820 Kemp Road

Ages 6 - 11 or 12 - 17 years

Fee: \$90 Residents/ \$104 Nonresidents

Extreme Quest Sports Camp includes Hip Hop Dance, Parkour & Ninja Zone, and Gymnastics

Hip Hop Dance

Hip Hop for Youngster to give them the ability to do tricks breakdance freezes and choreography. This class is For Kids and Young Adult Street Style choreography and breakdance. Kids will learn Hip-hop terms and all the up-to Date dance moves from all levels. This class is up beat and Fun.

Parkour/Ninja Zone is a class training discipline using movement and obstacle course training. Students will learn to get from one point to another without assistive equipment and in the fastest most efficient way possible. Training will include running, climbing, swinging, vaulting, jumping, rolling and flipping off different obstacles. Our Parkour Program is split by skill level. All students will start with our basic level for their appropriate age. Level progression will then be based on skill only. With each level more advanced obstacles and skills will be introduced.

Gym-quest Gymnastics- offers all Levels and ages the opportunity to excel through the sport involving the performance of exercises requiring strength, flexibility, balance, agility, endurance and control. The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, chest and Abdomen muscle groups.

Register at 427-5514 or beavercreekohio.gov

www.beavercreekohio.gov
937-427-5514

