



YORK DANCE ACADEMY ACRO CONDITIONING PROGRAM

YDA is excited to announce our latest program. We have collaborated with Magnum Gymnastics in Aurora to offer a unique 8 week program designed to assist acro students with their conditioning and tumbling skills.

The program is open to any student who is currently registered with YDA in any program and will focus on developing and improving strength and core conditioning for acro tricks and tumbling skills.

Participants will be able to use any of the equipment in the gym under the supervision of Alex Keehn, who is a level 5 Canadian National Champion. Alex has been coaching since 2005 and continues to learn new and innovative ways to teach the amazing sport of gymnastics.

Sign up for one, two or all three sessions. Students who register for the full year will receive a \$15.00 dance buck for the YDA dance boutique.

Ages 6 – 9 yrs – Sundays from 3:00 – 4:00 PM Fee: **\$112.00** (plus HST)

Ages 10 and up – Sundays from 4:00 – 5:30 PM Fee: **\$160.00** (plus HST)

SESSION ONE: October 16th – Dec 4th

SESSION TWO: January 8th – March 4th (no class Feb 19th)

SESSION THREE: March 18, March 25, April 1,8,22, May 13, June 3 & 10

Call 905-726-1241 to register

or complete the form below and drop it off to any location of YDA

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**I would like to register for the following acro/gym program(s) which is being held at
Magnum Gymnastics, 6 Vata Crt. Unit 6 in Aurora**

Session one: _____ Session Two: _____ Session Three: _____

Name: _____ Tel # _____

Name: _____ Tel # _____

Our email contact is _____

Fee enclosed is _____ or deduct the amount from my credit card number

_____ Expiry Date: _____

