

Capitol Kids & MoPro Training Grounds



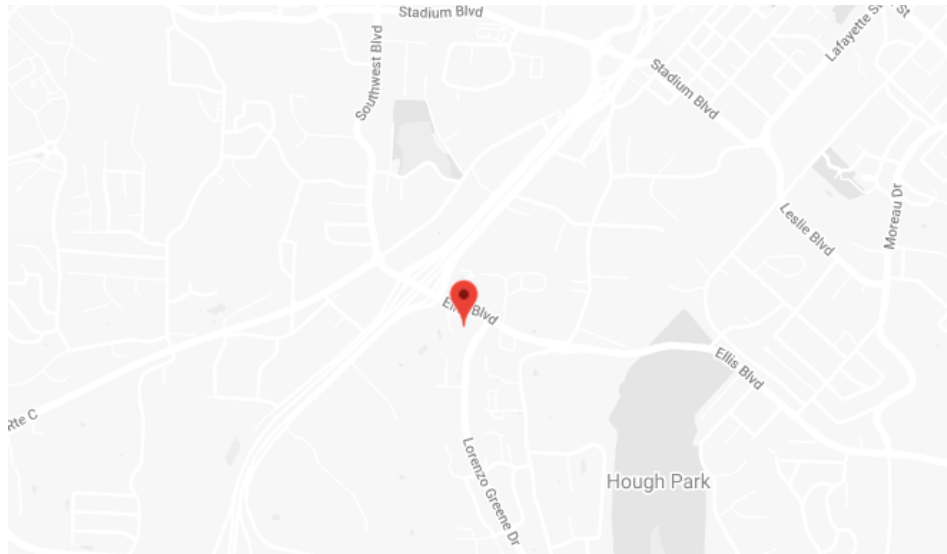
Located behind Sonic off Ellis Blvd.

1911 Ford St.

Jefferson City, MO 65101

573-761-5425

camps.capitolkids@gmail.com



Cheer, Silks & Tumbling Camps

Capitol City Cheer camps will train your cheerleader in many different aspects of cheer. We will focus our time on putting together a cheer routine that they can perform for you on the final day of camp. This will include stunt, dance, jumps, tumbling, and cheer/chant section. The routine will be performed to music.

- ★ Day 1: Will focus on training individual skills.
- ★ Day 2: We will begin to teach the routine sections.
- ★ Day 3: We will combine sections and put it all together in a routine.

****For 5 day camps the first two days will focus on Silks and Tumbling.****

- ★ **5 Day camps are 7:30—4:30 with early drop off \$5 for the week or late pick up for \$5 or both for \$10. Price is \$155.**
- ★ **3 Day camps are the same as 5 day camps. Price is \$100.**

All Camps are for ages 6-18 yrs old.

American Ninja Warrior Camps

At Capitol Warriors Summer Camps, Kids will enjoy learning from well-trained staff how to do obstacles as seen on the show "American Ninja Warrior". At camp, kids will work on their balance, agility, grip strength and focus as they work on obstacle technique, do challenges, and compete on a full ninja warrior course.

- ★ Day 1: Obstacle Introduction & Team Warrior Competition
- ★ Day 2: Three Course & Fifteen individual Obstacle Challenges
- ★ Day 3: Competition Course Intro & Individual Ninja Competition

****For 5 day camps the first two days will be fun and games days.****

Capitol Kids & Mopro Summer Camp Schedule



NINJA WARRIOR

5/24-5/26

5/31-6/2

6/12-6/16

6/19-6/23

7/10-7/14

7/17-7/21

7/24-7/28

8/7-8/11

Cheer, Silks, Tumbling

6/5-6/9

6/26-6/30

7/31-8/4

**3 and 5 day
camps
offered**

capitol city

www.CapitolkidsJC.com

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