



# CLINICS ★

Recreational - pg 1

# Saturday April 8th

\$15 prior to clinic date or \$20 the day of

## Tiny but Mighty! 1:15-2:00



### Boys and Girls ages 2-5

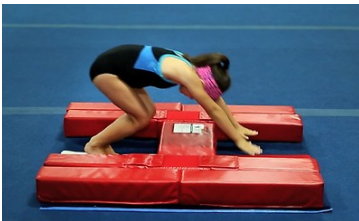
Get ready for some fun. Boys and Girls will have a blast, trying some fun skills and activities that are not normally done in class.

Coaches are getting creative as they plan new exercises for rolls, cartwheels, swinging on the bars, balance beam games, running and jumping on and off of the vault and basic skills on the trampoline.



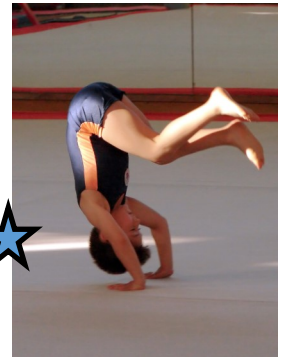
Invite a friend or family member to join you. Anyone can participate. There is an additional \$5 charge for non-members, but they will have just as much fun as anyone else.

## Forward & Backward Rolls 2:00-3:00



### For Students enrolled in:

Super Stars, Jr. Gym, Level 1 Gymnastics, Level 2 Gymnastics and/or Tumbling Level 1



Forward and Backward rolls are a first progression for front and back flips. They are required skills in the levels listed above, in order to advance in levels. Using a variety of drills, the children will have the opportunity to learn these skills in a one hour clinic.

## Cartwheel & Round Off 2:00-3:00pm



**Gymnastics: Jr. Gym, Level 1 & Level 2 & Level 3. Tumbling: Level 1.**

Spend 1 hour focusing on the progressions of a Cartwheel and/or Round off. Students will be divided by age and skill level.



# Saturday★CLINICS

## Recreational - pg 2

### April 8th

**Age 5+:** \$15 or \$20 the day of

## Bars: Pullover & Casting

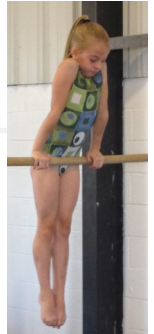


3:00-4:00pm

Gymnastics: Jr. Gym, Level 1 & Level 2 & Level 3



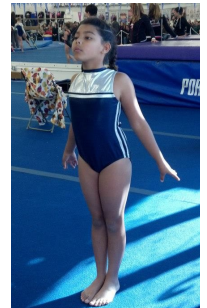
Time will be split on working progressions for the pullover and casting (which leads to many other skills). Pullovers are required for Level 1 & 2 students. Casting is used in every level, 2 and higher. However, we are giving Level 1 students the opportunity to learn them too.



## Team Member Tryout Prep 3:00-4:00

For Students Level 2 or higher: Age 5-7 & Age 8-11

It won't be long. Team Tryouts will be held in May. Students who show potential as a competitive gymnast, will receive an invitation to try out for either our Artistic Team or our TeamGym Team. Take this clinic to learn about what our coaches will be looking for and the expectations of those hoping to get an invitation to the tryouts. What does it mean to be tight? Have good posture/presentation? To be hollow? Learn these things and more, during this clinic.



## Bars: Back hip Circle & Sole Circle★ 3:45-4:45

Gymnastics: Level 2, 3, Level 4 & Level 5



Time will be split between two skills that usually take a longer time for the kids to learn. 1)) Back Hip Circle 2) Sole Circles. These are great for kids in Level 2 and up.

