

FRIDAY FOCUS CLINICS



June 14- August 16

Sign up for clinics that focus on perfecting certain skills!

June 14th

10 - 11:15 AM - BACK HANDSPRINGS
12:15 - 1:30 PM - KIPS AND CASTING

June 21st

10 - 11:15 AM - ALL ABOUT THE HANDSTAND
12:15 - 1:30 PM - FRONT HANDSPRING
VAULT

June 28th

10 - 11:15 AM - FLEXIBILITY AND LEAPS
12:15 - 1:30 PM - FLIP OUT FOR FRONT
AND BACK TUCKS

AGES 6 AND UP

\$20 PER CLASS



REGISTER TODAY!

JULY & AUGUST FOCUS CLINICS

\$20 PER CLASS

July 12th

10 - 11:15 AM - BEAM BASICS
12:15 - 1:30 PM - TRAMP AND TUMBLING

July 19th

10 - 11:15 AM - FRONT AND BACK WALKOVERS
12:15 - 1:30 PM - DISMOUNTS

July 26th

10 - 11:15 AM - WORKING THROUGH BEAM
FEAR
12:15 - 1:30 PM - STRENGTH AND BAR BASICS

August 2nd

10 - 11:15 AM - FLOOR BASICS AND BIG
TUMBLING
12:15 - 1:30 PM - SWINGS AND CIRCLES ON
UNEVEN BARS

August 16th

10 - 11:15 AM - YURCHENKO AND TSUK
PREP
12:15 - 1:30 PM - CONNECTIONS ON
FLOOR AND BEAM



JOIN US