

SKILL CLINICS

5+ YEARS

Fridays – 4:00-5:30

\$15.00/class

New member insurance fee - \$10.30

Skill Clinics are the perfect opportunity to perfect and refine your current skills, or to learn something new!

The first hour of the class will be allotted for warm up, flexibility training, and working on the skills of the day. Each class will finish with 30 minutes of supervised skill time to work on specific skill progressions and athletes personal goal skills.

Athletes will have full access to all gymnastics apparatus including the tumble trak, trampoline & foam pit.

| WEEK | DATE | SKILL FOCUS |
|--------|-----------|---|
| Week 1 | July 6 | Roundoffs, handstands & bridges |
| Week 2 | July 13 | Front & back walkovers |
| Week 3 | July 20 | Front & back handsprings |
| Week 4 | July 27 | Saltos & aerials |
| Week 5 | August 3 | Roundoffs, handstands & bridges |
| Week 6 | August 10 | Front & back walkovers |
| Week 7 | August 17 | Front & back handsprings |
| Week 8 | August 24 | Saltos & aerials |
| Week 9 | August 31 | Transitioning skills from trampoline to floor |

