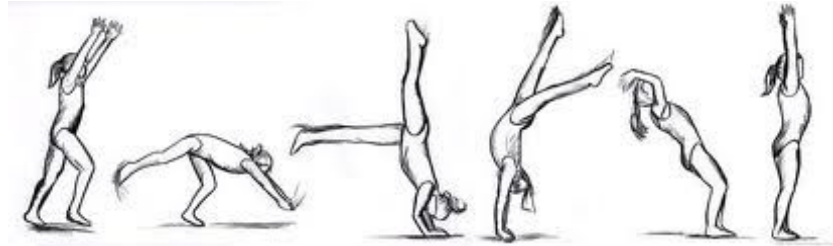


Skill Clinics

Introducing NEW skill clinics for your tumblers.

Do your children want to learn a new tumbling trick? How about work on an advanced skill for dance, cheerleading or gymnastics? Join us every Monday from 1pm-4pm and learn a new skill or work on improving an already learned skill. \$30.00/member \$35.00/nonmember PER clinic! Ages 4&up. Coached by our Senior staff member Coach Beth, USAG Certified professional competitive gymnastics instructor.

For every 3 Monday clinics you attend, get the 4th one free!! Call the front desk for more information or to register 847-816-6618



Monday, July 2nd

1:00pm-2:00pm Aerial Clinic
2:00pm-3:00pm Front Handsprings Clinic
3:00pm-4:00pm Punch Front Clinic

Monday, July 30th

1:00pm-2:00pm Front Handspring Clinic
2:00pm-3:00pm Aerial Clinic
3:00pm-4:00pm Layout Clinic*

Monday, July 9th

1:00pm-2:00pm Multiple Back Handsprings Clinic*
2:00pm-3:00pm Back Tuck Clinic*
3:00pm-4:00pm Running Tumbling Pass Clinic*

Monday, August 6th

1:00pm-2:00pm Back Handspring Clinic*
2:00pm-3:00pm Back Tuck Clinic*
3:00pm-4:00pm Full Twist Clinic*

Monday, July 16th

1:00pm-2:00pm Back Tuck Clinic*
2:00pm-3:00pm Layout Clinic*
3:00pm-4:00pm Full twist Clinic*

Monday, August 13th

1:00pm-2:00pm Running Tumbling Pass Clinic*
2:00pm-3:00pm Layout Clinic*
3:00pm-4:00pm Full Twist Clinic*

Monday, July 23rd

1:00pm-2:00pm Aerial Clinic
2:00pm-3:00pm Back Tuck Clinic*
3:00pm-4:00pm Running Tumbling Pass clinic*

Monday, August 20th

1:00pm-2:00pm Aerial Clinic
2:00pm-3:00pm Front Handspring Clinic
3:00pm-4:00pm Punch Front Clinic

*Tumbling requirements

Requirements

Aerial- none

Front handspring- Bridge

Punch front-

Multi back handspring- Back Handspring

back tuck- Back Handspring

running tumbling pass- Back Handspring

layout- Back tuck

full twist- Layout

Back walkover- Bridge

Front walkover- Bridge

Back handspring- Bridge