

# Docksiders Gymnastics

216 Najoles Road, Millersville, Maryland 21108 410-987-8780



## SKILLS CLINIC Session III



*Master the skills you want to learn year round.*

### WHAT ARE GYMNASTICS SKILLS CLINICS?

Concentrated skills and drills instruction on a particular gymnastics element. By focusing an entire clinic on a skill, students can progress at an accelerated rate.

### WHO WILL BENEFIT?

Everyone!!! Intense and accelerated instruction will help students excel and give them confidence to perform their best!

### WHAT IS THE COST?

Only \$20.00 for a 45-minute clinic for currently enrolled students. All others will be \$25.00. Many students take private lessons to enhance these same popular skills. Take advantage of this group opportunity and great savings.

### PULLOVER ON BARS BACK HIP CIRCLE

February 9  
March 1  
March 22

### WHY SHOULD GYMNASTS ALREADY ENROLLED ATTEND OUR CLINIC?

They may be on the verge of mastering a skill and with more practice they succeed. For ages 5 yrs and up.

### WHEN ARE THE GYMNASTICS CLINICS?

We will offer clinics every Friday evening from 8:30pm-9:15pm. Space is limited so sign up immediately to guarantee a spot. You must register for the clinics prior to the Friday evening.

### BACKBEND KICKOVER BACK WALKOVER

*Must be able to:  
HOLD A BRIDGE*

January 26  
February 16  
March 8  
March 29

### BACKHAND SPRING

*Must be able to:  
DO A BACK WALKEROVER*

February 2  
February 23  
March 15

*Building self-esteem and confidence at Docksiders Gymnastics brings success and smiles... "Excellence by choice".*



**ALL ACTION  
ALL YEAR!!!  
2023-2024**

