

WHAT ARE GYMNASTICS SKILLS Concentrated skills and drills instruction Concountaicu skiits anu urins instruction on a particular gymnastics element. By focusing an entire clinic on a skill, studente can prograes at an accelerated incusing an enure enure on a skin, 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

Take advantage of this sopportunity and great savings.

An uners win ut 343.00. _{vitany} students take private lessons to enhance these same popular skills. Take advantage of this group

group

PULLOVER ON BARS **BACK HIP CIRCLE**

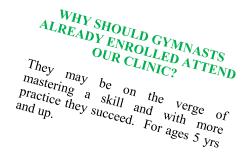
> February 9 March 1 March 22

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



WHEN ARE THE GYMNASTICS We will offer clinics every Friday **evening from 8:30pm-9:15pm.** immediately to onarantee a short Volu Space is much so sign up immediately to guarantee a spot. You Immediately to guarantee a sport to u must register for the clinics prior to the Friday evening.

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



