

WHAT ARE GYMNASTICS SKILLS Concentrated skills and drills instruction Concentrated skins and units instruction on a particular gymnastics element. By focusing an entire clinic on a skill, studente can progress at an accelerated 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

opportunity and great savings.

enhance these same popular skills. Take advantage of this main Take advantage of this group PULLOVER ON BARS **BACK HIP CIRCLE ALL CAN JOIN**

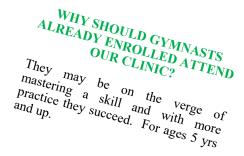
> February 11 March 4 March 25

BACKBEND KICKOVER BACK WALKOVER *Must be able to:* HOLD A BRIDGE

> January 28 February 18 March 11 April 1

BACKHAND SPRING Must be able to: **DO A BACK WALKEROVER**

> February 4 February 25 March 18



WHEN ARE THE GYMNASTICS We will offer clinics every Friday **evening from 8:30pm-9:15pm.** ^{immediately to onarantee a short Von} immediately to guarantee a spot. You muneulaicity to guarantee a spot. I ou 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".



