

Docksiders Gymnastics

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



SKILLS CLINIC



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.

PULLOVER ON BARS BACK HIP CIRCLE ALL CAN JOIN

February 11
March 4
March 25

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.

WHO WILL BENEFIT?

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

BACKBEND KICKOVER BACK WALKOVER

*Must be able to:
HOLD A BRIDGE*

January 28
February 18
March 11
April 1

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.

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.

BACKHAND SPRING

*Must be able to:
DO A BACK WALKEROVER*

February 4
February 25
March 18

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



ALL ACTION ALL YEAR!!! 2021-2022

