

Are you ready to work skills for the next level!?

GYMCATS

SUPER skills clinics

Boys & Girls - floor, vault & bars

The most fun part of gymnastics is getting new skills and learning to flip, twist and swing in new ways! Join us during Thanksgiving break week for a chance to work new, fun and exciting skills that you don't always get to do in class!

Mon, Tues & Wed 4:00-5:00pm

November 21, 22 & 23rd

(no regular classes these days)

Group	Class Level	Skills worked in Clinics
Group 1	Felines, Mini Jets, Tomcats, Level 1, Pink, Red	Pullovers, back hip circles, undershoots, swings, back handsprings, limbers, front tucks
Group 2	Jets, Select, Blue, Purple, Level 2, Level 3	Back hip circle undershoots, swing 1/2 turns, round off back handsprings, back walkovers, front tucks, handspring vaults
Group 3	Adv. Jets, Adv Select, Bronze, Silver, Xcel Levels 1 and 2	Straight body back hip circle undershoots, handspring vaults, round off back handsprings, drills for back tucks, front tucks, squat ons, front hip circles
Group 4	Gold, Diamond, Level 4, Xcel Level 3, Preteam boys	Back handsprings, round off back handsprings (multiples), back tucks on tramp, front tucks, front handsprings, aerials, kips, tap swings, handspring vaults

Cost: \$20/day or \$50 for all 3 days. Clinics are limited to 8 kids or fewer per group. Enroll today to reserve your spot!