

SUMMER CLINICS

Thursday Nights 7-8:00pm

Members- \$15.00 Non-members- \$20.00

Please call the gym to preregister!

****Must be paid in full****

July 12th- Diving

(dry land drills)

~Trampoline

~Belt Work

July 19th- Back handsprings

~ Strength

~ Skill Development

~ Progressions/Drills ~ Advanced Skill Development

July 26th- Trampoline Basics

(no experience necessary)

August 2nd- Diving

(dry land drills)

~Trampoline

~Belt Work

August 9th- Back handsprings

~ Strength

~ Skill Development

~ Progressions/Drills ~Advanced Skill Development

August 16th- Trampoline Basics

(no experience necessary)

Dynamite Academy of Gymnastics

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