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# FALL 1 CLINICS & OPEN GYMS

### AUGUST 27TH CLINICS

SKILLS & AGES Cartwheel & Handstand Ages 4-6 TIME 4:15-5:00pm

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RECOMMENDED LEVELS

Tumble Tots, Superstars, and Rollers

Rollers, Swingers, and Bronze Rec.

**Bridge Kickover, Backbend, and Back-walkovers** Ages 6-12

## AUGUST 29TH CLINICS

SKILLS & AGES TIME R Bars: Pullovers, Strength, and Casting 4:15-5:00pm S Ages 5-9

Back Handspring Ages 6-12 **RECOMMENDED LEVELS** Superstars Age 5, Rollers, and Swingers

4:15–5:00pm Pre-Kippers, Kippers, and Pre-Team

## AUGUST 29TH OPEN GYMS

SKILLS & AGES Preschool Open Gym

TIME 5:00-5:30pm RECOMMENDED LEVELS Ages 1–5 years old

## AUGUST 31ST OPEN GYMS

SKILLS & AGES Youth Open Gym Teen/Adult Open Gym

TIME 6:00-7:00pm 7:00-8:00pm

#### RECOMMENDED LEVELS

Ages 6–12 years old Ages 13+ years old



#### **QUESTIONS?**

Contact Kristin at kdemann@statelineymca.org

statelineymca.org/gymnasticsclinics

#### COST

	<b>MEMBER2</b>	COMMUNITY
Preschool Open Gym	\$5	\$9
45-minute Clinic	\$12	\$20
1-hour Open Gym	\$10	\$14