

Thanksgiving Week Clinics!

These classes are perfect to help get a specific skill or area your child has been struggling in. They could be just what your child needs to bump up to the next level. Either way, the class should be fun and really helpful! Preregistration is required. Contact the desk to register!

Floor Skills Clinics

Rolls, Handstands, Cartwheels, Kick-overs

30-minutes, \$10 (minimum 2 participants to run)

- Tuesday, November 26...1-1:30 (Coach Payton)
- Tuesday, November 26...5-5:30 (Coach Denise)
- Wednesday, November 27...12-12:30 (Coach Payton)
- Wednesday, November 27...4:30-5:00 (Coach Denise)
- Friday, November 29...12-12:30 (Coach Genevieve)
- Saturday, November 30...9-9:30 (Coach Payton)

Walkovers and Round-offs

30-minutes, \$10 (minimum 2 participants to run)

- Tuesday, November 26...6-6:30 (Coach Denise)
- Wednesday, November 27...12:30-1:00 (Coach Payton)
- Friday, November 29...12:30-1:00 (Coach Genevieve)
- Saturday, November 30...10-10:30 (Coach Briana)

Back Handsprings

1-hour, \$20 (minimum 2 participants to run)

- Tuesday, November 26...2-3pm (Coach Payton)
- Tuesday, November 26...7-8pm (Coach Denise)
- Wednesday, November 27...1-2pm (Coach Payton)
- Wednesday, November 27...5-6pm (Coach Denise)
- Friday, November 29...7-8pm (Coach Denise)
- Saturday, November 30...12-1pm (Coach Payton)

Trampoline and TumbleTrak

30-minutes, \$10 (minimum 2 participants to run)

- Tuesday, November 26...5:30-6:00 (Coach Denise)
- Wednesday, November 27...4-4:30 (Coach Denise)
- Saturday, November 30...11-11:30 (Coach Briana)

Beam Skills Clinics

Low Beam Handstands

30-minutes, \$10 (minimum 2 participants to run)

- Tuesday, November 26...1:30-2:00 (Coach Payton)
- Wednesday, November 27...10-10:30 (Coach Payton)
- Friday, November 29...1-1:30 (Coach Payton)
- Saturday, November 30...11:30-12:00 (Coach Payton)

High Beam Handstands

30-minutes, \$10 (minimum 2 participants to run)

- Wednesday, November 27...5-5:30 (Coach Imagene)
- Friday, November 29...2-2:30 (Coach Payton)
- Saturday, November 30...10:30-11:00 (Coach Briana)

Bar Skills Clinics

Pull-overs and Back Hip Circles

30-minutes, \$10 (minimum 2 participants to run)

- Tuesday, November 26...9:30-10:00 (Coach Payton)
- Wednesday, November 27...10:30-11:00 (Coach Payton)
- Wednesday, November 27...5:30-6:00 (Coach Imagene)
- Friday, November 29...1:30-2:00 (Coach Payton)
- Saturday, November 30...9:30-10:00 (Coach Payton)

Front Hip Circles and Mill Circles

30-minutes, \$10 (minimum 2 participants to run)

- Tuesday, November 26...3-3:30 (Coach Payton)
- Tuesday, November 26...6:30-7:00 (Coach Denise)
- Wednesday, November 27...4:30-5:00 (Coach Imagene)
- Friday, November 29...2-2:30 (Coach Genevieve)