



Team Summer Clinics

Team clinics are a great way to keep your gymnast active during summer break! Also, with our variety of clinics, they have the opportunity to work new skills and clean up old ones! Not to mention the team bonding and summer fun with their teammates and coaches.

NOTE: The girls will have a break for lunch so make sure to provide lunch, snacks and plenty of fluids! We do not provide food!

All Clinics: **9am-3pm**

Pricing: **\$45 each day**

Promotion: When signing up for multiple clinics, receive \$5 off each additional clinic.

(Promotion applies only when multiple clinics are paid for at time of registration)

******Space is LIMITED, sign up today to secure your spot******

After Clinic-All Sports Summer Camp (optional)

\$5.00 for each additional hour needed before or after team camp.

Gymnasts will join the activities of the Sports Camp.

Options for times available: 8:00-9:00, 3:00-6:00

Tuesday, June 4th	Tumbling	Levels 2-4 & XS-XP
Thursday, June 6th	High Level Bars	Levels 3-4 & XG-XP
Tuesday, June 11th	Dance & Flexibility	Levels 1-4 & XB-XP
Thursday, June 13th	Flexibility & Conditioning (Bars)	Levels 1-4 & XB-XP
Tuesday, June 18th	Bars & Conditioning	Levels 1-4 & XB-XP
Thursday, June 20th	Beam & Vault	Levels 2-4 & XS-XP
Tuesday, June 25th	Front Tumbling	Levels 3-4 & XG-XP
Thursday, June 27th	Flexibility & Conditioning (Bars)	Levels 1-4 & XB-XP
Tuesday, July 9th	Tumbling	Levels 2-4 & XS-XP
Thursday, July 11th	High Level Bars	Levels 3-4 & XG-XP
Tuesday, July 16th	Dance & Flexibility	Levels 1-4 & XB-XP
Thursday, July 18th	Flexibility & Conditioning (Bars)	Levels 1-4 & XB-XP
Tuesday, July 23rd	Front Tumbling	Levels 3-4 & XG-XP
Thursday, July 25th	Beam & Vault	Levels 1-4 & XB-XP
Tuesday, July 30th	Routines	Levels 1-4 & XB-XP

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 <u>Tumbling Clinic</u> JO 2-4, Xcel Silver-Platinum	5	6 <u>High Level Bars Clinic</u> JO 3-4, Xcel Gold-Platinum	7	8
9	10	11 <u>Dance & Flexibility Clinic</u> JO 1-4, Xcel Bronze-Platinum	12	13 <u>Flexibility & Conditioning (Bars)</u> JO 1-4, Xcel Bronze-Platinum	14	15
16	17	18 <u>Bars & Conditioning Clinic</u> JO 1-4, Xcel Bronze-Platinum	19	20 <u>Beam & Vault Clinic</u> JO 2-4, Xcel Silver-Platinum	21	22
23	24	25 <u>Front Tumbling Clinic</u> JO 3-4, Xcel Gold-Platinum	26	27 <u>Flexibility & Conditioning (Bars)</u> JO 1-4, Xcel Bronze-Platinum	28	29
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July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9 <u>Tumbling Clinic</u> JO 2-4, Xcel Silver-Platinum	10	11 <u>High Level Bars Clinic</u> JO 3-4, Xcel Gold-Platinum	12	13
14	15	16 <u>Dance & Flexibility Clinic</u> JO 1-4, Xcel Bronze-Platinum	17	18 <u>Flexibility & Conditioning (Bars)</u> JO 1-4, Xcel Bronze-Platinum	19	20
21	22	23 <u>Front Tumbling Clinic</u> JO 3-4, Xcel Gold-Platinum	24	25 <u>Beam & Vault Clinic</u> JO 1-4, Xcel Bronze-Platinum	26	27
28	29	30 <u>Routine's Clinic</u> JO 1-4, Xcel Bronze-Platinum	31			