

JULY & AUGUST 2015

**PRE-REGISTRATION REQUIRED
(No WALK-INS)**

Back Hand Spring Clinics

Monmouth Gymnastics, 600 Campus Drive, Morganville, NJ 07751 • (732) 972-8811

2 HOUR TUMBLING CLINICS

Dates

July 6th 10th 13th
17th 20th 24th 27th
31st

August 3rd 7th 10th
14th 17th 21st
24th 28th

Time

3:00 - 5:00 pm

Price per Clinic:
\$30.00 each
or all 16 for **\$400**

Join Us!

Mondays & Fridays – all levels are welcome to join us for one, two or all 16 clinics with our talented coaches. Power performance clinics for jumps & tumbling are designed to help athletes improve. This training will improve agility, balance, conditioning and over-all strength. Learn techniques to perfect or learn your back walk over, back handspring, aerials, round-offs, jumps, cartwheels & back tucks.

These clinics are a must have for Cheer Leaders, Dancers, Advanced/Pre-Team students, and Extreme Gymnasts.

Note: EVERYONE WORKS AT THEIR OWN LEVEL. Beginners will be taught basics. Intermediate & Advanced skills will be taught to students according to their ability & level of progression. Focus will be on form & corrections. Students will be divided into groups based on their skill level. Coaches will focus on basics and will use their proven technique of perfecting back walk overs which will create flawless back hand springs.

MGA has a 42 year tradition providing outstanding gymnastics instruction to all levels of gymnasts. With over 4 decades of success and three (3) National Champion gymnasts our history speaks for itself.

What to Bring

Please bring a light snack & water bottle. Leotard is preferred. Tank top, t-shirt/shorts also acceptable. Long hair **MUST** be worn in a low pony-tail.