



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
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# FUN YOU'LL **FLIP** OVER

## Summer Level 1 Gymnastics Clinics

### Level 1 Bar Clinic: Casts and Pullovers

This clinic is designed for gymnasts looking to get or improve their bar skills; casts and pullovers. It is open to gymnasts in Level 1 classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve these specific bar skills.

**Saturday June 22nd 8:00-9:00 am**

**Sunday July 28th 11:15 am -12:15 pm**

**Sunday August 25th 11:15 am -12:15 pm**

**Fee: \$10 members, \$20 non-members**

### Level 1 Beam Clinic: CONFIDENCE

This clinic is designed for gymnasts looking to get or improve their beam skills. This event requires lots of confidence before we can continue to improve on our skills! This clinic will help us gain confidence as we work on beam skills; dance skills (jumps, pivot turns, arabesques) along with lever to T's, and various walks across the beam. It is open to gymnasts in Level 1 classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve these specific beam skills.

**Sunday June 23rd 11:15 am -12:15 pm**

**Saturday July 13th 8:00-9:00 am**

**Fee: \$10 members, \$20 non-members**

### Level 1 Floor Clinic: Backward and Forward Rolls

This clinic is designed for gymnasts looking to get or improve their floor skills; backward and forward rolls. It is open to gymnasts in Level 1 and 2 classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve these specific floor skills.

**Sunday June 23rd 12:15-1:15 pm**

**Saturday July 13th 9:00-10:00 am**

**Sunday August 25th 12:15-1:15 pm**

**Fee: \$10 members, \$20 non-members**

### Level 1 and 2 Floor Clinic: Handstand and Cartwheels

This clinic is designed for gymnasts looking to get or improve their floor skills; handstands and cartwheels. It is open to gymnasts in Level 1 classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve key fundamental skills in gymnastics - the handstand and cartwheel!

**Saturday June 22nd 9:00-10:00 am**

**Sunday July 28th 12:15-1:15 pm**

**Fee: \$10 members, \$20 non-members**



**MANITOWOC-TWO RIVERS Y**

205 Maritime Drive • Manitowoc, WI 54220

P 920-682-0341 • F 920-682-2620

[www.mtrymca.org](http://www.mtrymca.org)



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## Summer Level 2 and Level 3 Gymnastics Clinics

### Level 1 and 2 Floor Clinic: Handstand and Cartwheels

This clinic is designed for gymnasts looking to get or improve their floor skills; handstands and cartwheels. It is open to gymnasts in Level 1 classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve key fundamental skills in gymnastics - the handstand and cartwheel!

**Saturday June 22nd 9:00-10:00 am**

**Sunday July 28th 12:15-1:15 pm**

Fee: \$10 members, \$20 non-members

### Level 2 and 3 Non Competitive Bar Clinic: Back Hip Circles and Squat Ons

This clinic is designed for gymnasts looking to get or improve their bar skills; back hip circles and squat ons. It is open to gymnasts in Level 2 and 3 Non Competitive classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve these specific bar skills.

**Saturday June 15th 8:00-9:00 am**

**Sunday July 21st 11:15 am -12:15 pm**

**Sunday August 18th 11:15 am -12:15 pm**

Fee: \$10 members, \$20 non-members

### Level 2 and 3 Non Competitive Vault Clinic: Running and Handstand Flatbacks

This clinic is designed for gymnasts looking to get or improve their vault skills; running and handstand flatbacks. It is open to gymnasts in Level 2 and 3 Non Competitive classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve these specific vault skills.

**Saturday July 20th 8:00-9:00 am**

Fee: \$10 members, \$20 non-members

### Level 2 and 3 Non Competitive Beam Clinic: CONFIDENCE - Dance Skills, Handstands, Dismounts

This clinic is designed for gymnasts looking to get or improve their beam skills. This event requires lots of CONFIDENCE before we can continue to improve on our skills! This clinic will help us gain confidence as we work on beam skills; dance skills (jumps, leaps, pivot turns) along with handstands and dismounts. It is open to gymnasts in Level 2 and Level 3 Non Comp classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve these specific beam skills.

**Sunday June 30th 10:15-11:15 am**

**Sunday July 21st 12:15-1:15 pm**

Fee: \$10 members, \$20 non-members

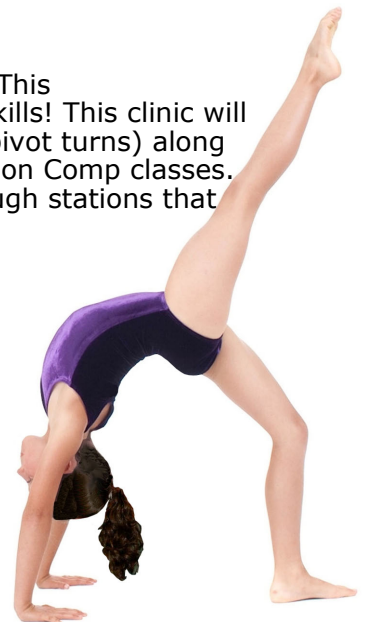
### Level 2 and 3 Non Competitive Floor Clinic: Backward Rolls and Bridge Kickovers

This clinic is designed for gymnasts looking to get or improve their floor skills; backward rolls and bridge kickovers. It is open to gymnasts in Level 2 and 3 Non Competitive classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve these specific floor skills.

**Saturday June 15th 9:00-10:00 am**

**Sunday August 18th 12:15-1:15 pm**

Fee: \$10 members, \$20 non-members



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