

Specialty Gymnastics Camps/Clinics



Week 1	July 2	Tumbling Backwards	Leg Power
Week 2	July 9	All Kips on Bars	Core Strength
Week 3	July 16	Front Tumbling	Hamstring-Low Back
Week 4	July 23	Trampoline	Active Flexibility
Week 5	July 30	Front & Back Flips	Ankle Strength & Flex
Week 6	August 6	Beam & Bars	Strong Upper Body
Week 7	August 13	General Gymnastics	Leg Tightening
Week 8	August 20	Tumble Trak	Kettle Bells

Fridays 9:00-12:00

\$30.00 per camp/clinic

Advance registration is required!

MEGA Fun & Fitness

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