



175<sup>YEAR</sup> ANNIVERSARY

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# GYMNASTICS CLINICS & OPEN GYMS

AGES 2-18+



**GYMNASTICS CENTER**  
1239 Huebbe Parkway, Beloit, WI 53511

## SKILL CLINICS

 **THURSDAY**  
**MAR. 5th**

Our coaches will spend time with athletes, teaching specific techniques related to the designated skills.

### SKILLS & AGES

**Cartwheel & Handstand**  
Ages 4-9

**TIME**  
4:30-5:15pm

**RECOMMENDED LEVELS**  
Tumble Tots, Superstars, and Rollers

**Bridge Kickover, Backbend, Back-walkovers**  
Ages 6-12

4:30-5:15pm

Rollers, Swingers, Pre-kippers, & Bronze Rec.

**Back Handspring**  
Ages 6+

5:30-6:15pm

Pre-Kippers, Kippers, Silver Rec., Pre-team, team

**Bars: Pullovers to Kips, & Back Hip Circles to Front Hip Circles**  
Ages 6-12

5:30-6:15pm

Swingers, Pre-Kippers, Kippers, Bronze Rec., Silver Rec., Hot Shots, Pre-team, Team

## CLINIC COSTS

Member \$12  
Community \$20

## OPEN GYMS

 **SATURDAY**  
**MAR. 14th**

Have a child who wants to give gymnastics a try? Perhaps you have an athlete who wants a bit more time in the gym to practice. Our open gyms are supervised, but not facilitated to allow every athlete the chance to work and explore at their pace.

**PRESCHOOL | AGES 1-5**  
4:30pm-5:00pm  
**MEMBERS \$8**  
**COMMUNITY \$12**

**YOUTH | AGES 6-12**  
5:15pm-6:15pm  
**MEMBERS \$10**  
**COMMUNITY \$15**

**TEEN/ADULT | AGES 13+**  
6:25pm-7:25pm  
**MEMBERS \$10**  
**COMMUNITY \$15**

**REGISTER ONLINE:** [www.statelineymca.org/gymnasticsclinics](http://www.statelineymca.org/gymnasticsclinics)

For more information, please contact Kristin at [kdemann@statelineymca.org](mailto:kdemann@statelineymca.org)