



PRACTICE MAKES PERMANENT

2024 SPRING GYMNASTICS CLINICS

APRIL & MAY 2024

GENERAL YOUTH CLINICS

APRIL 30TH CLINICS

SKILLS & AGES

Cartwheel & Handstand Clinic
Ages 4-6

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

Bars: Pullovers, Strength, and Casting
Ages 5-9

Back Handspring Clinic
Ages 6-12

TIME

4:30-5:15pm

5:25-6:10pm

4:30-5:15pm

5:25-6:10pm

RECOMMENDED LEVELS

Tumble Tots, Superstars, and Rollers

Rollers, Swingers - **MUST** have strong bridge

Superstars Age 5, Rollers, and Swingers

Pre-Kippers, Kippers, and Pre-Team

MAY 2ND CLINICS

SKILLS & AGES

Cartwheel & Handstand Clinic
Ages 4-6

Bars Clinic: Pre-Kippers & Kippers
Ages 6-12

TIME

4:30-5:15pm

5:25-6:10pm

RECOMMENDED LEVELS

Tumble Tots, Superstars, and Rollers

Pre-Kippers & Kippers

MAY 2ND OPEN GYMS

SKILLS & AGES

Preschool Open Gym

Teen/Adult Open Gym

TIME

4:45-5:15pm

6:15-7:15pm

RECOMMENDED LEVELS

Ages 1-5 years old

Ages 13+



QUESTIONS?

Contact Ashley at ahoverson@statineymca.org

statineymca.org/gymnasticsclinics

COST

	MEMBERS	COMMUNITY
Preschool Open Gym	\$8	\$12
45-minute Clinic	\$12	\$20
1-hour Open Gym	\$10	\$12