

# PRACTICE MAKES PERMANENT

2023 WINTER GYMNASTICS CLINICS

## DECEMBER 2023

### GENERAL YOUTH CLINICS

MONDAY

18

#### SKILLS & AGES

Beam: 1/2 Handstands & Dismounts (AGES 7-10)

Cartwheels & Handstands (AGES 4-7)

#### TIME

4:45-5:30pm

5:45-6:30 pm

#### RECOMMENDED LEVELS

Swingers & Kippers

Tumble Tots, Superstars, Rollers

TUESDAY

19

#### SKILLS & AGES

Bars (AGES 5-7)

Cartwheels & Handstands (AGES 4-7)

Preschool Open Gym

Preschool Open Gym

Bars (AGES 8-12)

Bridge Kickover, Backbend, Handstand (AGES 7-10)

Back Handspring

#### TIME

4:15-5:00pm

4:15-5:00pm

4:30-5:00pm

5:15-5:45pm

5:15-6:00pm

5:15-6:00pm

6:15-7:00pm

#### RECOMMENDED LEVELS

Superstars, Rollers

Tumble Tots, Superstars, Rollers

Parent/Child, Tumble Tots

Parent/Child, Tumble Tots

Rollers, Swingers, Kippers, Bronze Rec

Rollers, Swingers, Bronze Rec

Kippers, Pre-Team

WEDNESDAY

20

#### SKILLS & AGES

Cartwheel & Handstands (AGES 4-7)

Round-off (AGES 7-10)

#### TIME

4:30-5:15 pm

5:30-6:15 pm

#### RECOMMENDED LEVELS

Tumble Tots, Superstars, Rollers

Swingers, Kippers, Bronze Rec (must have a strong cartwheel)

THURSDAY

21

#### SKILLS & AGES

Youth Open Gym (AGES 6-12)

Kippers/Pre-Team Bars

Back Handspring

Bridge Kickover, Handstand, Backbend\*

#### TIME

4:00-5:00pm

5:15-6:00pm

6:15-7:00pm

6:05-6:50pm

#### RECOMMENDED LEVELS

Rollers, Swingers, Kippers, Bronze Rec, Pre-Team

Kippers & Pre-Team

Kippers & Pre-Team

Rollers, Swingers, Bronze Rec

*\*\*strong bridge required*

THURSDAY

28

#### SKILLS & AGES

Youth Open Gym

Teen/Adult Open Gym

#### TIME

5:15-6:15pm

6:20-7:20pm

#### RECOMMENDED LEVELS

Ages 6-12

For ages 13+

### QUESTIONS?

Contact Ashley at [ahoverson@statineymca.org](mailto:ahoverson@statineymca.org)

[statineymca.org/gymnasticsclinics](https://statineymca.org/gymnasticsclinics)

### COST

Preschool Open Gym  
45-minute Clinic  
1-hour Open Gym

#### MEMBERS

\$5  
\$12  
\$8

#### COMMUNITY

\$9  
\$20  
\$12

