



Skills Clinic

Friday February 24th

Flip-Flops

5:00 - 5:45



**INTERMEDIATE TO
ADVANCED GYMNASTS
AND CHEER TUMBLERS**



5 TO 1 RATIO

Looking for some extra time to work on your Flip-Flop? This clinic will provide circuits to help you understand the mechanics of a Flip-Flop.

COME JOIN THE FUN!!!

\$10.00 Members
\$15.00 Non-Members

Pre-Registration required before Clinic,
please call or email to register.

Day of registration is \$15 for Members / \$20
for Non-Members and is subject to availability.