

# Randolph Gymnastics 2021 Summer Clinics

## Cartwheel Clinic

This clinic is designed for beginners or students that need to build their skills. Participants will work on their handstands, cartwheels, bridges and backbends. Floor and trampoline will be utilized and students will learn through many fun drills and exercises.

Tuesday 4:00-5:00 / Wednesday 6:00-7:00 / Friday 5:00-6:00

Summer Clinic 1: 5 weeks \$120

Summer Clinic 2: 5 weeks \$120

New Student Registration fee: 1<sup>st</sup> child \$35 / 2<sup>nd</sup> child \$30 / 3<sup>rd</sup> \$25

## Back Walkover Clinic

This clinic is designed to help participants develop their kickovers into walkovers. This clinic is recommended for students who surpassed the cartwheel but not quite ready for back handsprings. Students will work on their handstands, bridge kickovers, back walkovers, cartwheels, round offs and back handsprings over the barrel. Floor and trampoline will be utilized and students will learn through many fun drills and exercises.

Tuesday 5:00-6:00 / Wednesday 4:00-5:00 / Friday 6:00-7:00

Summer Clinic 1: 5 weeks \$120

Summer Clinic 2: 5 weeks \$120

New Student Registration fee: 1<sup>st</sup> child \$35 / 2<sup>nd</sup> child \$30 / 3<sup>rd</sup> \$25

Randolph Gymnastics

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## Back Handspring Jr1

This clinic is an introduction for all newcomers. This class will focus on all aspects of a back handspring. Students will perform drills to learn a back handspring. Participants will work on their handstands, cartwheels, bridges and backbends. Floor and trampoline will be utilized and students will learn through many fun drills and exercises.

Tuesday 6:00-7:00 / Wednesday 5:00-6:00 / Friday 4:00-5:00

Summer Clinic 1: 5 weeks \$120

Summer Clinic 2: 5 weeks \$120

New Student Registration fee: 1<sup>st</sup> child \$35 / 2<sup>nd</sup> child \$30 / 3<sup>rd</sup> \$25

## Back Handspring Jr2

This clinic is to improve their standing back handspring. Students must have their standing back handspring in order to enroll. Students will perform drills to strengthen their back handspring. Participants will work on their handstands, roundoffs, back walkovers and connecting their roundoff back handspring. Floor and trampoline will be utilized and students will learn through many fun drills and exercises.

Tuesday 7:00-8:00 / Wednesday 7:00-8:00 / Friday 7:00-8:00

Summer Clinic 1: 5 weeks \$120

Summer Clinic 2: 5 weeks \$120

New Student Registration fee: 1<sup>st</sup> child \$35 / 2<sup>nd</sup> child \$30 / 3<sup>rd</sup> \$25

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