

# ACROBATIC SKILLS JUNE WORKSHOP



- **BACK HANDSPRING**

**SIDE AERIAL**

**WORKSHOP**

- **BACK-TUCK**

**LAYOUT**

**FRONT AERIAL**

**WORKSHOP**

## **2 COURSE WORKSHOP EACH COURSE 6 DAYS FOR 2 WEEKS**

**BACK HANDSPRING~SIDE  
AERIAL~STRENGTHENING SKILLS**

1<sup>ST</sup> WEEK: TUESDAY-THURSDAY  
JUNE 19<sup>TH</sup>, 20<sup>TH</sup>, 21<sup>ST</sup>

2<sup>ND</sup> WEEK: TUESDAY-THURSDAY  
JUNE 26<sup>TH</sup>, 27<sup>TH</sup>, 28<sup>TH</sup>

TIME: 5:15-6:30PM

**BACK-TUCK~LAYOUT~FRONT AERIAL**

1<sup>ST</sup> WEEK: TUESDAY-THURSDAY  
JUNE 19<sup>TH</sup>, 20<sup>TH</sup>, 21<sup>ST</sup>

2<sup>ND</sup> WEEK: TUESDAY-THURSDAY JUNE  
26<sup>TH</sup>, 27<sup>TH</sup>, 28<sup>TH</sup>

TIME: 6:30-7:45PM

(MUST SIGN UP FOR FULL COURSE  
EVEN IF ABSENT)