

# Summer Evening Drop-ins 2019

## **Monday/Wednesday**

5-6pm skills and drills

6-7pm tumbling

7-8pm conditioning

## **Tuesday/Thursday**

5-6pm skills and drills

6-7pm jumps and leaps

7-8pm flexibility

## **Skills & Drills 5:00pm-6:00pm Schedule Tuesday/Thursday**

**July 2 and 4** Cartwheels and round-offs

**July 9 and 11** aerials

**July 16 and 18** connections

**July 23 and 25** cartwheels and round-offs

**July 30 and August 1** aerials

**August 6 and 8** connections

**August 13 and 15** Cartwheels and round-offs

**August 20 and 22** aerials

## **Monday/Wednesday**

**July 3** back walkover and back handspring

**July 8 and 10** front walkover and front handspring

**July 15 and 17** back and front tucks

**July 22 and 24** back walkover and back handspring

**July 29 and July 31** front walkover and front handspring

**August 7** back and front tucks

**August 12 and 14** back walkover and back handspring

**August 19 and 21** front walkover and front handspring