

**FRIDAY,
APRIL 14TH**

**MONDAY,
APRIL 17TH**

**TUESDAY,
APRIL 18TH**

**SATURDAY,
APRIL 22ND**

**SUNDAY,
APRIL 23RD**

SEASON 11
OPEN HOUSE
& OPEN TUMBLE
6:00 - 7:30 PM
****NO CHARGE****
COME CHECK US OUT!

PRE-TRYOUT TRAINING

INTRO TO BHS - \$25
7:45 - 9:15 PM

RECOMMENDED SKILLS:
HANDSTAND & BACKBEND
WORKING:
BACKHANDSPRINGS

INTRO TO TUCKS - \$25
7:45 - 9:15 PM

RECOMMENDED SKILLS:
STANDING & RUNNING BHS
WORKING:
RUNNING TUCKS

PRE-TRYOUT TRAINING

WALKOVERS - \$25
9:30 - 11:00 AM

RECOMMENDED SKILLS:
HANDSTAND & BACKBEND
WORKING:
WALKOVERS AND ADVANCED
LEVEL 1 SKILLS

**BACK HANDSPRINGS
& BOUNDERS - \$25**
11:15 - 12:45 PM

RECOMMENDED SKILLS:
WALKOVERS & ROUND-OFF
WORKING:
STANDING & RUNNING BHS,
SPECIALTY THROUGH BHS

**ADV. LAYOUTS
& FULLS - \$25**
2:30 - 4:00 PM

RECOMMENDED SKILLS:
RUNNING LAYOUT
WORKING:
LAYOUT FORM & TWISTING



**PRE-TRYOUT
TRAINING**

RESERVE YOUR
SPOT TODAY.
SIGN UP FOR ONE
OR AS MANY AS
YOU WOULD LIKE!

****ALL FEES CHARGED APRIL 17TH****

**FRIDAY,
MAY 5TH**

**SATURDAY,
MAY 6TH**

**SUNDAY,
MAY 7TH**

PRE-TRYOUT TRAINING

INTRO TO BHS - \$25
6:00 - 7:30 PM

RECOMMENDED SKILLS:
HANDSTAND & BACK BEND
WORKING: BACK
HANDSPRINGS

WALKOVERS - \$25
9:30 - 11:00 AM

RECOMMENDED SKILLS:
HANDSTAND & BACK BEND
WORKING:
WALKOVERS AND ADVANCED
LEVEL 1 SKILLS

**BACK HANDSPRINGS
& BOUNDERS - \$25**
11:15 - 12:45 PM

RECOMMENDED SKILLS:
WALKOVERS & ROUND-OFF
WORKING:
STANDING & RUNNING BHS,
SPECIALTY THROUGH BHS

**ADV. LAYOUTS
& FULLS - \$25**
2:30 - 4:00 PM

RECOMMENDED SKILLS:
RUNNING LAYOUT
WORKING:
LAYOUT FORM & TWISTING

INTRO TO TUCKS - \$25
7:45 - 9:15 PM

RECOMMENDED SKILLS:
STANDING & RUNNING BHS
WORKING:
RUNNING TUCKS

INTRO TO TUCKS - \$25
1:00 - 2:30 PM

RECOMMENDED SKILLS:
STANDING & RUNNING BHS
WORKING:
RUNNING TUCKS

**ADV. TUCKS
& LAYOUTS - \$25**
2:45 - 4:15 PM

RECOMMENDED SKILLS:
STANDING MULTIPLE BHS
& ROBHS TUCK
WORKING:
LEVEL 3 & LEVEL 4
SPECIALTIES

OPEN GYM - \$15
5:30 - 6:30 PM
CASH ONLY
AT THE DOOR