

SUMMER HOLIDAY PROGRAM

BEGINNER - 25min workshops

Handstand

- 8/1
- 3pm
 - 3:25pm
- 9/1
- 8am
 - 8:25am

Bars

- 8/1
- 4pm
 - 4:25pm
- 9/1
- 9am
 - 9:25am

Floor - Rolls, jumps, turns

- 8/1
- 5pm
 - 5:25pm
- 9/1
- 10am
 - 10:25am

Beam

- 8/1
- 3pm
 - 3:25pm
- 9/1
- 8am
 - 8:25am

Cartwheel

- 8/1
- 4pm
 - 4:25pm
- 9/1
- 9am
 - 9:25am

Vault

- 8/1
- 5pm
 - 5:25pm
- 9/1
- 10am
 - 10:25am

FOUNDATION - 25min workshops

Bar

- 8/1
- 3pm
 - 3:25pm
- 9/1
- 8am
 - 8:25am

Floor - Rolls, jumps, turns

- 8/1
- 4pm
 - 4:25pm
- 9/1
- 9am
 - 9:25am

Beam

- 8/1
- 5pm
 - 5:25pm
- 9/1
- 10am
 - 10:25am

Cartwheel/tumbling

- 8/1
- 3pm
 - 3:25pm
- 9/1
- 8am
 - 8:25am

Vault

- 8/1
- 4pm
 - 4:25pm
- 9/1
- 9am
 - 9:25am

Handstand/Acro

- 8/1
- 5pm
 - 5:25pm
- 9/1
- 10am
 - 10:25am

DEVELOPMENT - 50min workshops

Vault/ Tumbling

- 8/1
- 3pm
- 9/1
- 8am

Handstand/ Acro/Beam

- 8/1
- 4pm
- 9/1
- 9am

Bar/Floor skills

- 8/1
- 5pm
- 9/1
- 10am

Cost: 25min class = \$11, 50min class = \$18.50