

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