

# Do you want to learn or improve your **BACK HANDSPRING?**

Exxcel is holding Back Handspring Clinics on the  
following Sundays...

October 18<sup>th</sup>, November 8<sup>th</sup>, December 6<sup>th</sup>  
January 10<sup>th</sup>, and February 7<sup>th</sup>

**8:30 – 10:00 am**

**\$25 each or 5 clinics for \$110!**



**EACH CLINIC INCLUDES:**

- ★ Proper Technique & Drills
- ★ Explanation of technical facts and body position
- ★ Progressions in and out of back handsprings

These clinics are designed for gymnasts already enrolled in our 1 ½ hr or 2 hr classes, members of our gymnastics teams and cheerleaders at the intermediate level.

Call today to sign up! Spaces are limited!  
Payment is due upon registration. Signed waivers are required!