



Exxcel's essential 2018-2019

Gymnastics Clinics

We have some exciting clinics this year for gymnasts looking to learn or improve their Cartwheels or Back Handsprings.

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



BACK HANDSPRING CLINICS

on the following Sundays:

09/30/18, 10/28/18, 11/18/18, 12/16/18,
01/13/19, 02/10/19, 03/17/19, 4/28/19

FROM: 8:30am - 10:00am

COST: \$45 each

CARTWHEEL CLINICS

on the following Sundays:

10/14/18, 11/4/18, 12/9/18, 01/6/19,
02/3/19, 3/3/19, 4/7/19, 5/5/19

FROM: 8:45am - 10:00am

COST: \$35 each

Clinic Includes:

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

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

Signed waivers are required!



Where Kids Matter Most

617.244.3300

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