

2026 SUMMER CLINICS



- TARGETED CLINICS.
- REAL PROGRESS.
- BUILT FOR ATHLETES.

Targeted clinics. Real progress.

The perfect way to build skills, boost confidence, and get more out of your athlete's training.



FLOOR

JUNE 9	Handstands & Cartwheels Build strength, balance, and confidence in foundational skills.	5:30–6:30 PM
JULY 7	Walkovers & Handsprings Progress safely into higher-level tumbling skills.	5:30–6:30 PM
JULY 16	Round-Offs & Aerials Develop power, technique, and advanced tumbling control.	6:00–7:00 PM
JULY 23	Handstands & Cartwheels #2	6:00–7:00 PM
AUG 13	Walkovers & Handsprings #2	6:00–7:00 PM
AUG 18	Round-Offs & Aerials #2	5:30–6:30 PM



BARS

JUNE 16	Pullovers & Casts Build strength and technique for foundational bar skills.	5:30–6:30 PM
JUNE 25	Back Hip Circles & Squat Ons Improve timing, shaping, and confidence on bars.	6:00–7:00 PM PREREQUISITE: PULLOVER, CAST
JULY 14	Squat Ons & Swings Develop strong swings and high bar confidence.	5:30–6:30 PM PREREQUISITE: PULLOVER, CAST
JULY 30	Pullovers & Casts #2	6:00–7:00 PM
AUG 11	Back Hip Circles & Squat Ons #2	5:30–6:30 PM
AUG 20	Squat Ons & Swings #2	6:00–7:00 PM



BEAM

JUNE 11	Handstands & Dismounts Build control, confidence, and strong finishes.	6:00–7:00 PM
JULY 9	Handstands & Cartwheels Master balance and upside-down skills on beam.	6:00–7:00 PM
JULY 21	Handstands & Dismounts #2	5:30–6:30 PM
AUG 4	Handstands & Cartwheels #2	5:30–6:30 PM



SPECIALTY

JUNE 18	Dance Acro Learn walkovers, handsprings, and aerial-style skills.	6:00–7:00 PM
JUNE 23	Basic Trampoline & Beginner Flips Build air awareness and safely learn flipping basics.	5:30–6:30 PM
JULY 28	Dance Acro #2	5:30–6:30 PM
AUG 6	Basic Trampoline & Beginner Flips #2	6:00–7:00 PM



PRICING

Members **\$25** per clinic
Non-Members **\$30** per clinic
3% credit card transaction fee



AGES

6–17



BE PREPARED

- ✓ Bring a water bottle
- ✓ Wear athletic clothing
- ✓ Long hair pulled back
- ✓ No jewelry



CONTACT US

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We reserve the right to cancel clinics due to low enrollment. We will communicate cancellations the Thursday prior and refund the fee.

TRAIN. GROW. SHINE. TOGETHER.