

Spring Break Clinics
Tuesday 4/3- Thursday 4/5

Handspring Clinic
9:00-11:00am
Pre-requisite -None

This clinic will be 2 hours of skill work focusing on the drills to help obtain or master the round off backhandspring or standing backhandspring.

Tucks and Layouts
11:00-1:00

Pre-requisite -Must have a strong round off backhandspring

This clinic will be 2 hours of skill work focusing on the drills to help learn and master a round off backhandspring tuck or round off backhandspring layout along with standing tucks.

Let's Twist
1:00- 3:00

Pre-requisite -Must have a strong round off backhandspring layout

This clinic will be 2 hours of skill work focusing on the drills to help learn and master a round off backhandspring full or double.

Flyer Skills, Drills and Flexibility
3:00-5:00

Pre-requisite - Ages 6 and up and must have previous experience

Our Flyer clinic focuses on improving body positions and flexibility. You will fly on an experienced group and/or coed stunt group to help improve your technique.

\$75.00 per session

Register at the front desk or online
www.islandxtrememecheerleading.com