

**February Break Clinics**  
**Tuesday 2/20 - Thursday 2/22**

**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](http://www.islandxtrememecheerleading.com)