

## Apex Tumbling Clinics

**Skill Specific Tumbling Clinics 2 days 1.5 hours each day - \$60 for clinic**

**June 18 & 19**

**July 9 & 10**

**August 6 & 7**

- **Fundamentals Clinic 9:00 – 10:30am**
  - Description – Basic level 1 skills including front limber, backbends, bridge-ups, cartwheels, & backbend kick-over
  - Prerequisite – None
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- **Walkover Clinic 9-10:30 AM**
  - Description – Working on front walkover, back walkover and passes involving front & back walkovers
  - Prerequisite – Backbend kick-over and front limber
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- **Back handspring Clinic 11-12:30**
  - Description – Working on back handspring and combination back handspring passes
  - Prerequisite – backbend & front limber
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- **Standing Back Clinic 11-12:30**
  - Description – Working on standing back tucks and jumps to back tuck
  - Prerequisite – Standing Backhandspring
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- **Tucks/ Layout Clinic 1-2:30**
  - Description – Working on Round Off BHS Tucks and Layouts
  - Prerequisite – Round Off BHS (Round Off BHS Tuck – Layouts)
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- **Twisting Clinic 1-2:30**
  - Description – Working on twisting skills
  - Prerequisite – Round-off Back handspring layout
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