

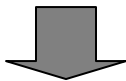
SKILL CLINICS: SATURDAY, JANUARY

HOH Clinics
have a 4:1
instructor to
student ratio!



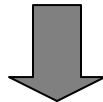
4:00PM-5:00PM

SPLIT & STRETCHING CLINIC



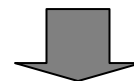
All gymnasts and cheerleaders should learn the proper way to stretch. This clinic will focus on stretching techniques to improve flexibility and splits.

BAR: STRIDE CIRCLE CLINIC



This clinic will be specifically working on the bars skills we have been working on in class. We will focus on the proper technique of a stride circle.

CARTWHEEL/ROUND-OFF CLINIC



This clinic will focus on the body positions and coordination skills that are necessary to learn a cartwheel or round-off. The cartwheel is the first upper level skill a gymnast or cheerleader will learn.

5:00PM-7:00PM

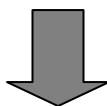
BACK HANDSPRING & FRONT HANDSPRING STEP OUT CLINIC



Participants at the HOH back handspring clinic should be able to do a perfected round-off. This clinic will focus on the body positions and drills necessary to correctly do a standing and running back handspring. The front handspring clinic will focus on drills and techniques necessary to complete a perfected front handspring step out.

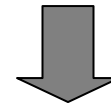
7:00PM-9:00PM

LAYOUT & FULL CLINIC



Students who have mastered a round-off back handspring back tuck should attend this clinic. This clinic will teach the proper body positions and techniques for a layout and full twisting layout.

BACK TUCK CLINIC



This clinic is for the student who has mastered the back handspring and multiple back handsprings. It will focus on techniques and drills necessary to correctly perform a standing back tuck and handspring tuck combination.

PRICES

1-HOUR CLINICS

\$16 for HOH members
\$19 for nonmembers

2-HOUR CLINICS

\$30 for HOH members
\$34 for nonmembers

**REGISTER BY JANUARY 14TH AND
RECEIVE \$2 OFF A 1 HOUR CLINIC
AND \$5 OFF A 2 HOUR CLINIC.**

**CALL OR E-MAIL TODAY TO RESERVE YOUR SPOT!
770-704-1750 INFO@HOHGYM.COM**

**FOR MORE INFORMATION, EMAIL LAURA, OUR SPECIAL EVENTS PROGRAM MANAGER, AT
LAURA@HOHGYM.COM.**