



Skill Clinics this Sunday! March 14th 1:00pm-6:00pm



1:00pm-2:00pm

Vault Clinic

This clinic will provide participants with the proper techniques and drills to complete a successful vault.

Beam: Cartwheel

This clinic will be working specifically on the beam skills we have worked on in gymnastics class. We will work on the proper technique of a cartwheel.

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.



4:00pm-6:00pm

Back Handspring Clinic

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

6:00pm-8:00pm

Back Tuck Clinic

This clinic is for the students who have mastered the back handspring and multiple back handsprings. It will focus on techniques & drills necessary to perform a standing tuck and handspring tuck combinations.

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.

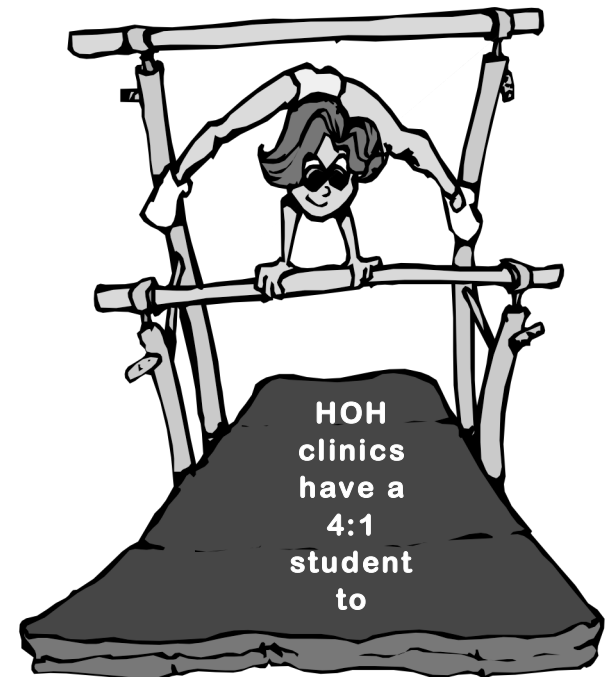
Prices:

1-Hour Clinic

\$16 for HOH members
\$19 for nonmembers

2-Hour Clinic

\$30 for HOH members
\$34 for nonmembers



*Please call to guarantee your child's spot!
770-704-1750 info@hohgym.com*