

# TECHNIQUE

TUMBLING & CHEER PREP

OPEN GYMS + FLIP-FLOP-SHOPS

*Summer Edition!*  
*June 4 - July 28, 2018*



## OPEN GYMS

### Parent & Tot Open Gym

*Fridays 11:00 a.m. - 12:00 p.m.*

*\$5.00 per child*

*Ages "Walking" - 5 yrs old only*

Parent-Tot Open Gym is a playtime created exclusively for children walking - 5yrs old! This time provides little ones with the chance to play, make new friends, and explore our facility and equipment on your own - the perfect activity for a play date with friends! Every child must be accompanied by an adult who will directly supervise their child's play. Each participant must have a current registration form signed by a parent or legal guardian to participate. Keep play a part of their day and join us!



### School-Aged Working Open Gym

*Tuesdays 8:00 p.m. - 9:30 p.m.*

*Thursdays 8:00 p.m. - 9:30 p.m.*

*Ages 10 yrs - 18 yrs old only (Jr. High & High School)*

*Saturdays 1:00 p.m. - 2:30 p.m.*

*Ages 6 yrs - 18 yrs old only*

*\$5.00 members / \$7.00 non-members*

"Working" open gyms are for athletes wanting to practice their tumbling, cheerleading, and stunting skills. Participants come to work on skills they are trying to improve or master. Horseplay/messing around are not allowed at Technique open gyms! This open gym is supervised, but not an instructional time as a class would be. All participants must have a current registration form signed by a parent or legal guardian on file.

## FLIP-FLOP-SHOPS

*Saturdays 12:00 p.m. - 1:00 p.m.*

*\$15.00 per child*

*Ages 6 yrs - 18 yrs*

This weekly clinic is perfect for athletes of any skill level who wish to achieve a Flip-Flop (Back-Handspring) or simply want to perfect a recently learned Flip-Flop. Learning the correct technique is critical, as the Back-Handspring is one of the foundational skills in becoming an advanced tumbler and cheerleader. Many cheer programs also require a Flip-Flop to make the squad. During the hour, our staff will break down the skill into basic parts and movements involved in the Back-Handspring through the use of drills and stations. Different spotting

techniques will also be utilized with our knowledgeable staff members.

You do not need to be a member of Technique to participate! All participants must have a current registration form signed by a parent or legal guardian on file. Space is limited, so be sure to sign up early!

**Call, email, or stop by the front desk to enroll.**

Additional clinics and dates are posted on the website.



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