

TUMBLING

for *Dance* clinic

Saturdays 2:30 p.m. - 3:30 p.m.

\$15 per child / Ages 6 yrs - 18 yrs

Attention Dancers! Technique is now offering a weekly headspring, floor kip, and aerial cartwheel clinic. These core tumbling for dance skills will be broken down into basic parts and movements during the hour through the use of drills and stations. Different spotting techniques will also be utilized with our knowledgeable staff members. *Additional skills can be worked on as well based on participant requests.*

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.

LIMBERING

& *Walkover* clinic

Saturdays 2:30 p.m. - 3:30 p.m.

\$15 per child / Ages 6 yrs - 18 yrs

Technique is now offering a weekly clinic for those tumblers wanting extra work on their back bend kickovers, back walkovers, front limbers and front walkovers. These skills are the last major foundational skills to master prior to moving into our Junior Advanced Tumbling Classes. During the hour, our staff will break down these skills into fun and progressive drills and stations designed to increase your child's understanding and ability in both front and back limbering skills. Don't miss this weekly opportunity to break down all of the limbering and walkover skills and supplement their weekly class work!

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.

TECHNIQUE
TUMBLING & CHEER PREP

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