

2017 Achieve Gymnastics Pre Team and Recreation Clinics

Pre Team and Recreation Clinics		
Thursday	09/07/2017	Bars: Glide Swing, Cast & Shoot Through // Tramp: Jumps, Round Offs & Backward Roll
Thursday	09/14/2017	Beam: Cartwheels & 123 Turn // Vault: Run & Hurdle
Thursday	09/21/2017	Floor: Round Off Rebound, Handstand Bridge Kick Over // Bars: Glide Swing, Pull Over & Back Hip Circle
Thursday	09/28/2017	Beam: Handstand, Jumps & Leaps // Tramp: Round Off, Handstand Hop & Jumps
Thursday	10/05/2017	Vault: Comp 3 Vault // Bars: Flide Swing & Sole Circle Dismount
Thursday	10/12/2017	Beam: Split Leap, Cartwheel & Round Off Dismount // Floor: Handstand Pirouette, Full Turn & Round Off
Thursday	10/19/2017	Bars: Flide Swing & Front Hip Circle // Beam: Cartwheels & Handstands
Thursday	10/26/2017	Floor: Round Off Rebound, Back Walkover & Handstand Forward Roll // Vault: Hurdle & Block

Clinics are from 4:00 - 5:00 pm and cost \$12 each.

You must register for clinics and space is limited. Therefore, we may not be able to accept same day registration. **Payment is due at registration.**

If you register for a clinic and do not give Achieve Gymnastics a 12 hour notice that your daughter cannot attend you will be charged for the clinic.

To register log into the Customer Portal at, <https://app.jackrabbitclass.com/portal/ppLogin.asp?id=516110>

If this is your first time logging in, enter the email address we have on file and click on the "Forgot your password or Need to get started" link. A password will be sent to your email. Once you are logged into your account on the portal you can either click on the Event Registration tab or select Register for Event on the 'I want to' drop down menu. Click on the Event Calendar and change the calendar to the month of the clinic you want to register in. Click on the clinic(s) you want to register for.