

2018 Achieve Gymnastics Pre Team and Recreation Clinics

| Pre Team and Recreation Clinics | | |
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| Thursday | 05/03/2018 | Bars: 123 Glide Swing, Pullover & Shoot Thru // Tramp: Round Off, Backward Pike Roll & Jumps |
| Thursday | 05/10/2018 | Floor: Front Handspring, Handstand Pirouette // Bars: Shoot Thru & Single Leg Knee Swing |
| Thursday | 05/17/2018 | Beam: Handstand & 123 Turn // Vault: Handstand Block |
| Thursday | 05/24/2018 | Tramp: Round Off, Backward Pike Roll & Back Walkover // Beam: Cartwheel & Jumps |
| Thursday | 05/31/2018 | Beam: Dismounts & Cartwheels // Tramp: Front Handspring |
| Thursday | 06/07/2018 | No Clinic |
| Thursday | 06/14/2018 | Bars: Glide Swing, Pull Over, Front Hip Circle Vault: Run & Hurdle |
| Thursday | 06/21/2018 | Beam: Handstand & Jumps // Floor: Round Off, Leaps & Jumps |
| Thursday | 06/28/2018 | No Clinic |
| Thursday | 07/05/2018 | Bars: Tryout Skills // Tramp: Front Handspring, Round Off & Backward Pike Roll |
| Thursday | 07/12/2018 | No Clinic |
| Thursday | 07/19/2018 | Floor: Tryout Skills // Bars: Glide Swing, Shoot Thru & Single Leg Basket |
| Thursday | 07/26/2018 | No Clinic |
| Thursday | 08/02/2018 | No Clinic |
| Thursday | 08/09/2018 | Beam: Scale, Handstand & Cartwheel // Tramp: Front Handspring & Jumps |
| Thursday | 08/16/2018 | Bars: Glide Swing, Single Leg Knee Swing & Shoot Thru // Floor: Round Off Backward Pike Roll & Handstand Pirouette |
| Thursday | 08/23/2018 | Beam: Handstand, 123 Turn, Leap // Vault: Handstand Block |
| Thursday | 08/30/2018 | Tramp: Front Hnadspring & Back Extesion Roll // Bars: Glide Swing, & Front Hip Circle |

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