

2018 Achieve Gymnastics Pre Team and Recreation Clinics

Pre Team and Recreation Clinics		
Thursday	09/06/2018	Vault: Run & Hurdle // Tramp: Jumps, Round Offs & Backward Pike Roll
Thursday	09/13/2018	Beam: Cartwheels & 123 Turn // Bars: Glide Swing, Horizontal Casts, Shoot Thru
Thursday	09/20/2018	Floor: Power Hurdle Round Off, Front Limber, Back Walkover // Beam: Handstands, Jumps & Leaps
Thursday	09/27/2018	Bars: Glide Swing, Basket Swing & Pull over // Tramp: Round Off, Handstand Hop & Jumps
Thursday	10/04/2018	Floor: Handstand Pirouette, Back Walkover, Back Extension Roll // Beam: Cartwheel & Round Off Dismount
Thursday	10/11/2018	Bars: Glide Swing and Undershoot Dismount // Floor: Front Handspring, Full Turn & Split Leap
Thursday	10/18/2018	Vault: Front Handspring Flatback // Beam: Handstands & Cartwheels
Thursday	10/25/2018	Floor: Round Off, Back Walkover & Handstand Forward Roll // Bars: Glide Swing & Front Hip Circle
Thursday	11/01/2018	Vault: Run & Hurdle // Tramp: Backward Pike Roll, Back Extension Roll & Jumps
Thursday	11/08/2018	Floor: Round Off, Backward Pike Roll & Back Walkover // Bars: Glide Swing, Cast & Back Hip Circle
Thursday	11/15/2018	Beam: Cartwheel, 123 Turn, Turning Jumps // Tramp: Round Off, Knee Drop Handstand & Jumps
Thursday	11/22/2018	No Clinic
Thursday	11/29/2018	Bars: Shoot Thru, Basket Swing // Vault: Compulsory 3
Thursday	12/06/2018	Beam: Handstand, Leaps, Round Off Dismount // Floor: Back Walkover, Handstand Pirouette & Power Hurdle Round Off
Thursday	12/13/2018	Bars: Glide Swing, Undershoot Dismount // Tramp: Front Handspring, Back Extension Rol
Thursday	12/20/2018	No Clinic
Thursday	12/27/2018	No Clinic

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.