



July 8<sup>th</sup> 3:45-4:45pm Pullovers - for Beginner level gymnasts: pullover on bars

July 9<sup>th</sup> 5:45-6:45pm Kips - for Intermediate level gymnasts as well as Team gymnasts (Level 2, Level 3, XB, XS, and XG): kip on bars

July 10<sup>th</sup> 5:00-6:00pm Cartwheels - for Beginner level gymnasts: cartwheel on floor as well as Advanced Beginner or Intermediate gymnasts: cartwheel on balance beam

July 15<sup>th</sup> 3:45-4:45pm Backbends and Kickovers - for Advanced Beginner and Intermediate gymnasts: backbends and kickovers on floor

July 16<sup>th</sup> 5:45-6:45pm Handstand Skills – for Beginner to Intermediate gymnasts: handstand skills on balance beam (levers, see saws, jumping see saws, handstands, and side handstands).

July 17<sup>th</sup> 5:00-6:00pm Back Hip Circles - for Beginner, Advanced Beginner, and Intermediate gymnasts: back hip circles and double back hip circles on bars

July 22<sup>nd</sup> 3:45-4:45pm Pullovers and Back Hip Circles - for Beginner and Advanced Beginner gymnasts: pullover and/or back hip circles on bars

July 23<sup>rd</sup> 5:45-6:45pm Back Handsprings - for Advanced Beginner and Intermediate gymnasts as well as Team gymnasts (Level 2, XB, and XS): back handsprings and round off back handsprings

July 24<sup>th</sup> 5:00-6:00pm Backward Rolls - for Beginner gymnasts: backward rolls on floor

July 29<sup>th</sup> 3:45-4:45pm Backward Skills - for mixed ability levels: various backward floor skills (backward rolls, back walkovers, back handsprings, back tucks)

July 30<sup>th</sup> 5:45-6:45pm Vertical Skills - for Advanced and Intermediate gymnasts as well as Team gymnasts (Level 2, Level 3, Level 4, XB, XS, and XG): vertical beam skills

July 31<sup>st</sup> 5:00-6:00pm Upper Body Conditioning – for mixed ability levels: bar strength conditioning