

TEAM K2 STARS & STRIPES WORKSHOPS

Meet season is FAST approaching!

Why not give your gymnast a few more hours of practice to perfect those routines?

The coaches will be breaking the routines down and building them back up again. It is a great opportunity for your athlete to improve her scores for this competitive season!

REGISTER AT THE FRONT DESK TODAY!

LEVEL	DATE	TIMES	TOPIC	PRICE
Level 5-6	June 21 & 23	12:30-4:00	ROUTINES	\$35 per day
Level 4	July 19, 20 & 21	12:30-4:00	ROUTINES	\$35 per day or \$100 for all 3
Level 3	July 5, 6 & 7	12:30-4:00	ROUTINES	\$35 per day or \$100 for all 3
Shining Stars	August 9	12:30-2:30	BARS: Back Hip & Leg Cut	\$25 per day or \$70 for all 3
	August 10	12:30-2:30	BEAM: Handstand & Dismount	
	August 11	12:30-2:30	FLOOR: Kickover & Flip Flop	
Rising Stars	August 9	2:30-4:00	BARS: Pull Over & Back Hip	\$20 per day or \$55 for all 3
	August 10	2:30-4:00	BEAM: Handstand & Dismount	
	August 11	2:30-4:00	FLOOR: Handstands, Kickover & Cartwheel	