



August 5th 3:45-4:45pm Squat Ons - for Intermediate level gymnasts as well as Team gymnasts (Level 2, 3, XB, XS, and XG): squat ons on bars

August 6th 5:45-6:45pm Undershoots - for Advanced Beginner and Intermediate level gymnasts as well as Team gymnasts (Level 2, Level 3, XB, XS, and XG): undershoots on bars

August 7th 5:00-6:00pm Handstands - for Beginner level gymnasts: handstands on floor

August 12th 3:45-4:45pm Backbends and Kickovers - for Advanced Beginner and Intermediate gymnasts: backbends and kickovers on floor

August 13th 5:45-6:45pm Jumps and Leaps – for all level gymnasts: Jumps and leaps on beam

August 14th 5:00-6:00pm Cartwheels - for Beginner level gymnasts: cartwheel on floor as well as Advanced Beginner or Intermediate gymnasts: cartwheel on balance beam

August 19th 3:45-4:45pm Pullovers and Back Hip Circles - for Beginner and Advanced Beginner gymnasts: pullover and/or back hip circles on bars

August 20th 5:45-6:45pm Handstands and Front Handsprings - for Advanced Beginner and Intermediate gymnasts as well as Team gymnasts: handstands and front handsprings on vault

August 21st 5:00-6:00pm Back Handsprings - for Advanced Beginner and Intermediate gymnasts as well as Team gymnasts: Back handsprings and round off back handsprings

August 26th 3:45-4:45pm Round offs - for Advanced Beginner and Intermediate gymnasts as well as Team gymnasts (L2 and XB): round offs on floor

August 27th 5:45-6:45pm Walkovers - for Advanced and Intermediate gymnasts as well as Team gymnasts (Level 2, Level 3, Level 4, XB, XS, and XG): front and back walk overs on floor and beam

August 28th 5:00-6:00pm Casting – for mixed ability levels: casts on bars