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FOR HEALTHY LIVING  
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# FUN YOU'LL *FLIP* OVER

## Summer 2025 Level 1 Gymnastics Clinics

### Level 1 Bar Clinic: Casts and Pullovers

This clinic is designed for gymnasts looking to get or improve their bar skills; casts and pullovers. It is open to gymnasts in Level 1 classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve these specific bar skills.

**Sunday June 29th 10:45-11:45 am**

**Saturday July 12th 9:00-10:00 am**

**Sunday August 17th 9:30-10:30 am**

**Fee: \$12 members, \$24 non-members**

### Level 1 Beam Clinic: CONFIDENCE

This clinic is designed for gymnasts looking to get or improve their beam skills. This event requires lots of confidence before we can continue to improve on our skills! This clinic will help us gain confidence as we work on beam skills; dance skills (jumps, pivot turns, arabesques) along with lever to T's, and various walks across the beam. It is open to gymnasts in Level 1 classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve these specific beam skills.

**Saturday July 12th 8:00-9:00 am**

**Fee: \$12 members, \$24 non-members**

### Level 1 Floor Clinic: Backward and Forward Rolls

This clinic is designed for gymnasts looking to get or improve their floor skills; backward and forward rolls. It is open to gymnasts in Level 1 and 2 classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve these specific floor skills.

**Sunday June 29th 11:45 am -12:45 pm**

**Sunday August 17th 10:30-11:30 am**

**Fee: \$12 members, \$24 non-members**

### Level 1 and 2 Floor Clinic: Handstand and Cartwheels

This clinic is designed for gymnasts looking to get or improve their floor skills; handstands and cartwheels. It is open to gymnasts in Level 1 classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve key fundamental skills in gymnastics - the handstand and cartwheel!

**Sunday July 20th 11:45 am -12:45 pm**

**Saturday August 23rd 11:00 am - 12:00 pm**

**Fee: \$12 members, \$24 non-members**

### Level 1 and 2 Vault Clinic: Running, Underarm Swings, and Handstand Flatbacks

This clinic is designed for gymnasts looking to get or improve their vault skills; running, underarm swings, and handstand flatbacks. It is open to gymnasts in Level 1 and 2 classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve these specific vault skills.

**Sunday July 20th 10:45-11:45 am**

**Saturday August 23rd 10:00-11:00 am**

**Fee: \$12 members, \$24 non-members**



**MANITOWOC-TWO RIVERS Y**

205 Maritime Drive • Manitowoc, WI 54220

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## Summer 2025 Level 2 Gymnastics Clinics

### Level 1 and 2 Floor Clinic: Handstand and Cartwheels

This clinic is designed for gymnasts looking to get or improve their floor skills; handstands and cartwheels. It is open to gymnasts in Level 1 classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve key fundamental skills in gymnastics - the handstand and cartwheel!

**Sunday July 20th 11:45 am -12:45 pm**

**Saturday August 23rd 11:00 am - 12:00 pm**

**Fee: \$12 members, \$24 non-members**

### Level 1 and 2 Vault Clinic: Running, Underarm Swings, and Handstand Flatbacks

This clinic is designed for gymnasts looking to get or improve their vault skills; running, underarm swings, and handstand flatbacks. It is open to gymnasts in Level 1 and 2 classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve these specific vault skills.

**Sunday July 20th 10:45-11:45 am**

**Saturday August 23rd 10:00-11:00 am**

**Fee: \$12 members, \$24 non-members**

### Level 2 and 3 Non Competitive Bar Clinic: Back Hip Circles and Squat Ons

This clinic is designed for gymnasts looking to get or improve their bar skills; back hip circles and squat ons. It is open to gymnasts in Level 2 and 3 Non Competitive classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve these specific bar skills.

**Sunday June 22nd 9:30-10:30 am**

**Saturday August 16th 10:00-11:00 am**

**Fee: \$12 members, \$24 non-members**

### Level 2 and 3 Non Competitive Beam Clinic: CONFIDENCE - Dance Skills, Handstands, Dismounts

This clinic is designed for gymnasts looking to get or improve their beam skills. This event requires lots of CONFIDENCE before we can continue to improve on our skills! This clinic will help us gain confidence as we work on beam skills; dance skills (jumps, leaps, pivot turns) along with handstands and dismounts. It is open to gymnasts in Level 2 and Level 3 Non Comp classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve these specific beam skills.

**Sunday July 13th 9:30-10:30 am**

**Fee: \$12 members, \$24 non-members**

### Level 2 and 3 Non Competitive Floor Clinic: Backward Rolls and Bridge Kickovers

This clinic is designed for gymnasts looking to get or improve their floor skills; backward rolls and bridge kickovers. It is open to gymnasts in Level 2 and 3 Non Competitive classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve these specific floor skills.

**Sunday June 22nd 10:30-11:30 am**

**Saturday August 16th 11:00 am -12:00 pm**

**Fee: \$12 members, \$24 non-members**



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## Summer 2025 Level 3 and Up Gymnastics Clinics

### Level 2 and 3 Non Competitive Bar Clinic: Back Hip Circles and Squat Ons

This clinic is designed for gymnasts looking to get or improve their bar skills; back hip circles and squat ons. It is open to gymnasts in Level 2 and 3 Non Competitive classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve these specific bar skills.

**Sunday June 22nd 9:30-10:30 am**

**Saturday August 16th 10:00-11:00 am**

**Fee: \$12 members, \$24 non-members**

### Level 2 and 3 Non Competitive Beam Clinic: CONFIDENCE - Dance Skills, Handstands, Dismounts

This clinic is designed for gymnasts looking to get or improve their beam skills. This event requires lots of CONFIDENCE before we can continue to improve on our skills! This clinic will help us gain confidence as we work on beam skills; dance skills (jumps, leaps, pivot turns) along with handstands and dismounts. It is open to gymnasts in Level 2 and Level 3 Non Comp classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve these specific beam skills.

**Sunday July 13th 9:30-10:30 am**

**Fee: \$12 members, \$24 non-members**

### Level 2 and 3 Non Competitive Floor Clinic: Backward Rolls and Bridge Kickovers

This clinic is designed for gymnasts looking to get or improve their floor skills; backward rolls and bridge kickovers. It is open to gymnasts in Level 2 and 3 Non Competitive classes. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve these specific floor skills.

**Sunday June 22nd 10:30-11:30 am**

**Saturday August 16th 11:00 am -12:00 pm**

**Fee: \$12 members, \$24 non-members**

### Level 3 Non Competitive & Up Floor Clinic: Handsprings

This clinic is designed for gymnasts looking to get or improve their back handspring, roundoff back handspring, round off two back handsprings, or front handsprings. It is open to gymnasts in level 3 noncomp as well as our level 3 and up competitive teams. We will warm-up and stretch before spending the bulk of our time working through stations that will help improve your handsprings.

**Sunday July 13th 10:30-11:30 am**

**Fee: \$12 members, \$24 non-members**

### Level 3 Competitive & Up Bar Clinic: Kips

This clinic is designed for gymnasts looking to get or improve their low bar and long hang kips. Although it is primarily geared towards current level 4 and up team gymnasts, level 3 competitive team gymnasts who would like to begin working on kips are welcome to join. We will warm-up and stretch before spending the bulk of our time working through stations that build the strength and timing necessary to master the low bar and long hang kip!

**Sunday July 13th 11:30 am - 12:30 pm**

**Saturday August 15th 9:00-10:00 am**

**Fee: \$12 members, \$24 non-members**



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