

# Holiday Clinic

**When?** Friday, December 27<sup>th</sup> and Saturday December 28<sup>th</sup>!

**Where?** American Gymnastics of course!

**Who?** All those athletes Level 3 and up that are interested in working on optional (Level 6 and higher) skill progressions! Examples...Giants, blinds & straps, releases, twisting & front tumbling, yurchenkos & tsuks, beam series, optional dance & much, much more!

**Why?** Extra time in the gym geared just for new skill development, to work all those optional skills you have been dreaming of doing someday...with a good cause.

**How much?** \$50 for one day, \$90 for both days.

Day 2 continues building on the progression of the skills you learned day 1!

Proceeds go to bringing  
**Olympic Gymnast Alicia Sacramone**  
to the American Invitational to speak to  
the crowd, and do a private signing for  
our team!!!



Schedule as follows:

**Friday, December 27<sup>th</sup>**

Level 3, 4 & 5: 9:00- 11:00

Level 6 & up: 11:30-1:30

**Saturday, December 28<sup>th</sup>**

Level 6 & up: 9:00- 11:00

Level 3, 4 & 5: 11:30-1:30

Sign up at the front desk!