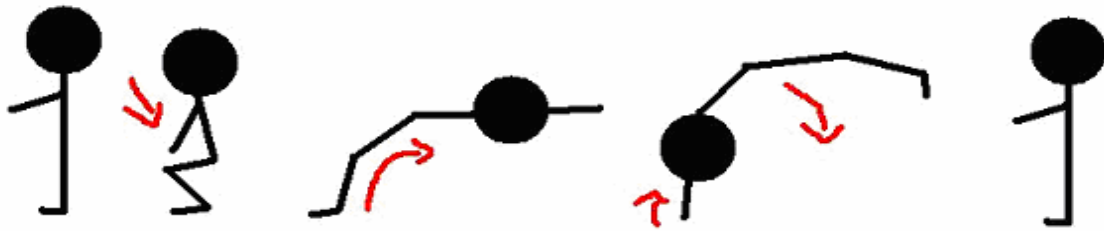


# *FLIP-FLOP-SHOP*

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DO YOU WANT TO LEARN HOW TO DO A BACK HANDSPRING ???

DOES YOUR BACK HAND SPRING NEED IMPROVEMENT ???

DO

YOU WANT TO HAVE MORE CONFIDENCE IN YOUR

# **MARCH 13TH**

TUMBLING???

IF SO, YOU NEED TO COME TO THE  
**FLIP-FLOP-SHOP at Desert Gymcats!!!**

The back handspring is the fundamental skill for harder tumbling. It's never too early or too late to work on this skill for increased strength, and technique for improved tumbling. In these 1 1/2 hour seminars - students will be actively working on all aspects of the back handspring, including the jump, the support phase and the snap down. More advanced students will work multiple back handsprings, whips and tumbling out of their back handsprings.

The clinics are for boys and girls ages 6 & up and is recommended for cheerleaders and beginners through Level 5 competitive gymnasts

See the front desk to sign up for the Saturday, MARCH 13, 2010 Clinic!!!

4:00-5:30 PM at

*COST: \$20 - MEMBERS; \$25 - NON-MEMBERS*

**SCHOOL AND DCX TRYOUTS ARE ALMOST HERE!!!**

*ADD \$5.00 TO EACH FEE, IF PAYING ON March 13*

***IF PAYING MARCH 13TH, ADD \$5 TO ALL FEES***