



DYNAMO GYMNASTICS INC.  
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# GYMNASTICS & TUMBLING CLINICS

## WINTER 2025

Clinics are booked individually on a first come first serve basis.  
 \*Assessments available upon request.  
 \*\*Cancellation Policy: No Refund / Credit without 24 hours notice.

**NOTE:** Gymnastics Ontario Administration/Insurance Fee of \$35 applies upon registration in initial clinic

PROGRAM	FEE	PROGRAM DESCRIPTION	CLINIC SKILL(S)	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>Junior Clinics</b> Girls & Boys Age 4-6 years (Ratio: 6:1) 1hr Clinic	\$22 (1HR)	<b>WHO SHOULD COME TO THESE CLINICS:</b> These clinics are geared towards a younger audience, junior clinics focus on the fundamentals in gymnastics, while working on the essential techniques and shapes of these skills  <b>RECOMMENDED FOR ATHLETES IN:</b> Kindergym Senior Kindergym Advanced Kindergym Advanced Kindergym 1	<b>Junior Bars:</b> Swings, Casts, Supports & Pull-over		January 29 - 4:30 - 5:30 March 19 - 4:30 - 5:30	January 16 - 6:15 - 7:15	January 25 - 11:30 - 12:30 February 22 - 11:30 - 12:30 April 5 - 11:30 - 12:30
			<b>Junior Floor:</b> Rolls, Handstands & Cartwheels		February 5 - 4:30 - 5:30 March 12 - 4:30 - 5:30	February 13 - 6:15 - 7:15 March 27 - 6:15 - 7:15	January 18 - 11:30 - 12:30 February 15 - 11:30 - 12:30 March 29 - 11:30 - 12:30 April 12 - 11:30 - 12:30
<b>Basic Clinics</b> Girls & Boys Ages 6+ years (Ratio: 6:1) 1hr Clinic	\$22 (1HR)	<b>WHO SHOULD COME TO THESE CLINICS:</b> These clinics focus on the fundamentals of strength in gymnastics, while working on the essential techniques and shapes required for progressing through gymnastics safely and successfully  <b>RECOMMENDED FOR ATHLETES IN:</b> Senior Kinder Advanced Kindergym Advanced Kindergym 1 Girls, Boys and Teen Gymnastics Recreational Tumbling Cheerleaders & Dancers Welcome	<b>Basic Bars:</b> Swings, Casts, Supports & Pull-over	January 14 - 8:00 - 9:00 February 11 - 8:00 - 9:00 March 11 - 8:00 - 9:00 April 8 - 8:00 - 9:00	January 22 - 4:30 - 5:30 April 2 - 4:30 - 5:30	March 6 - 6:15 - 7:15	February 1 - 11:30 - 12:30
			<b>Basic Floor:</b> Handstands & Cartwheels	January 21 - 8:00 - 9:00 February 18 - 8:00 - 9:00 March 18 - 8:00 - 9:00	January 15 - 4:30 - 5:30 March 26 - 4:30 - 5:30	February 6 - 6:15 - 7:15 February 20 - 6:15 - 7:15 April 3 - 6:15 - 7:15 April 10 - 6:15 - 7:15	March 1 - 11:30 - 12:30 March 15 - 11:30 - 12:30
			<b>Basic Floor:</b> Bridgework (Handstand to Bridge, Standing reach to Bridge, Stand from Bridge)	January 28 - 8:00 - 9:00 February 25 - 8:00 - 9:00 March 25 - 8:00 - 9:00	February 12 - 4:30 - 5:30 April 9 - 4:30 - 5:30	January 23 - 6:15 - 7:15 February 27 - 6:15 - 7:15 March 20 - 6:15 - 7:15	February 8 - 11:30 - 12:30 March 8 - 11:30 - 12:30
<b>Intermediate Clinics</b> Girls & Boys Ages 6+ years (Ratio: 6:1) 1hr Clinic <b>**Password/ Assessment Required**</b>	\$22 (1HR)	<b>WHO SHOULD COME TO THESE CLINICS:</b> Athletes who have the fundamental skills and are building off a strong foundation of gymnastics. Intermediate clinics will encourage power and strength, while having a greater focus on smooth transitions, connections and sequencing of difficult skills  <b>RECOMMENDED FOR ATHLETES IN:</b> Teen Girls Gymnastics Advanced Girls 1, 2 & 3 Intermediate Tumbling Cheerleaders & Dancers Welcome	<b>Inter Floor:</b> Front/Back Walkover	February 4 - 8:00 - 9:00 March 4 - 8:00 - 9:00 April 1 - 8:00 - 9:00 April 15 - 8:00 - 9:00	February 19 - 4:30 - 5:30	January 30 - 6:15 - 7:15 March 13 - 6:15 - 7:15	March 22 - 11:30 - 12:30
			<b>Inter Floor:</b> Round-off / Hurdle Round-off (Prep For Connections)	February 11 - 5:30 - 6:30 March 25 - 5:30 - 6:30	February 26 - 4:30 - 5:30		
			<b>Inter Floor:</b> Front/Back Limber	February 18 - 5:30 - 6:30 April 1 - 5:30 - 6:30	March 5 - 4:30 - 5:30		
			<b>Inter Floor:</b> Aerials	January 14 - 5:30 - 6:30 February 25 - 5:30 - 6:30 April 8 - 5:30 - 6:30			
<b>Advanced Clinics</b> Girls & Boys Ages 6+ years (Ratio: 8:1) 1hr Clinic <b>**Password/ Assessment required**</b>	\$22 (1HR)	<b>WHO SHOULD COME TO THESE CLINICS:</b> Athletes who have built upon a strong foundation and can consistently demonstrate strength and smooth, precise transitions between basic skills. They will learn the proper techniques required to harness their power and channel it to safely execute these skills.  <b>RECOMMENDED FOR ATHLETES IN:</b> Advanced Girls 2 & 3 All Tumbling Programs Cheerleaders & Dancers Welcome	<b>Floor:</b> Back Handspring	January 21 - 5:30 - 6:30 March 4 - 5:30 - 6:30 April 15 - 5:30 - 6:30			
			<b>Floor:</b> Round-off Back Handspring	January 28 - 5:30 - 6:30 March 11 - 5:30 - 6:30			
			<b>Floor:</b> (Intro) Front/Back Tuck	February 4 - 5:30 - 6:30 March 18 - 5:30 - 6:30			