



DYNAMO GYMNASTICS INC.
 650 JAMIESON PARKWAY, UNIT 8
 CAMBRIDGE ON
 519-658-4670
 info@dynamogymanastics.ca
 www.dynamogymanastics.ca

GYMNASTICS & TUMBLING CLINICS

WINTER 2026

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)	MONDAY	TUESDAY	THURSDAY	SATURDAY
Junior Clinics Girls & Boys Age 4-6 years (Ratio: 6:1) 1hr Clinic	\$22 (1HR)	WHO SHOULD COME TO THESE CLINICS: 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 RECOMMENDED FOR ATHLETES IN: Kindergym Senior Kindergym Advanced Kindergym	Junior Bars: Swings, Casts, Supports & Pull-over				February 7 11:30-12:30 February 28 11:30-12:30
			Junior Floor: Rolls, Handstands & Cartwheels				January 31 11:30-12:30 February 14 11:30-12:30 March 14 11:30-12:30 March 28 12:30-1:30
Basic Clinics Girls & Boys Ages 6+ years (Ratio: 6:1) 1hr Clinic	\$22 (1HR)	WHO SHOULD COME TO THESE CLINICS: 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 RECOMMENDED FOR ATHLETES IN: Advanced Kindergym 1 Girls, Boys and Teen Gymnastics Recreational Tumbling <i>Cheerleaders & Dancers Welcome</i>	Basic Bars: Swings, Casts, Supports & Pull-over		February 10 7:30-8:30 March 10 7:30-8:30		March 7 11:30-12:30 March 21 11:30-12:30
			Basic Floor: Handstands & Cartwheels	February 23 5:45-6:45 March 30 5:45-6:45	February 17 7:30-8:30 March 3 7:30-8:30	January 29 6:15-7:15	January 31 12:30-1:30 February 14 12:30-1:30 February 21 11:30-12:30 March 28 11:30-12:30
			Basic Floor: Round-off / Hurdle Round-off	January 26 5:45-6:45	March 17 7:30-8:30		
Intermediate Clinics **Assessment Required** Girls & Boys Ages 6+ years (Ratio: 6:1) 1hr Clinic	\$22 (1HR)	WHO SHOULD COME TO THESE CLINICS: 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 RECOMMENDED FOR ATHLETES IN: Teen Girls Gymnastics Advanced Girls 1, 2 & 3 Intermediate Tumbling <i>Cheerleaders & Dancers Welcome</i>	Inter Floor: Bridge Work <small>(Handstand to Bridge, Standing Reach to Bridge, Stand from Bridge, Bridge Kickover)</small>	February 2 5:45-6:45 March 9 5:45-6:45	January 27 7:30-8:30 February 24 7:30-8:30	February 12 6:15-7:15	February 7 12:30-1:30 February 21 12:30-1:30 March 21 12:30-1:30
			Inter Floor: Front/Back Walkover	February 9 5:45-6:45	March 24 7:30-8:30	March 5 6:15-7:15	February 28 12:30-1:30 March 14 12:30-1:30
			Inter Floor: Front/Back Limber	March 16 5:45-6:45	February 3 7:30-8:30	March 12 6:15-7:15	March 7 12:30-1:30
			Inter Floor: Aerials			February 5 6:15-7:15 March 19 6:15-7:15	
Advanced Clinics **Assessment required** Girls & Boys Ages 6+ years (Ratio: 8:1) 1hr Clinic	\$22 (1HR)	WHO SHOULD COME TO THESE CLINICS: 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. RECOMMENDED FOR ATHLETES IN: Advanced Girls 2 & 3 All Tumbling Programs <i>Cheerleaders & Dancers Welcome</i>	Floor: Back Handspring			February 26 6:15-7:15	
			Floor: Round-off Back Handspring			March 26 6:15-7:15	
			Floor: Introduction to Front/Back Tuck				
Stretching and Strength Building Girls & Boys Ages 6+ years (Ratio: 6:1) 1hr Clinic	\$22 (1HR)	WHO SHOULD COME TO THESE CLINICS: 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.	Stretching and Strength Building	March 2 5:45-6:45 March 23 5:45-6:45		February 19 6:15-7:15	