



DYNAMO GYMNASTICS INC.
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GYMNASTICS & TUMBLING CLINICS

SPRING 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				May 30 11:30-12:30 June 20 11:30-12:30
			Junior Floor: Rolls, Handstands & Cartwheels				April 18 11:30-12:30 May 9 11:30-12:30 June 13 11:30-12:30 June 27 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				April 25 11:30-12:30 May 16 11:30-12:30
			Basic Floor: Handstands & Cartwheels				April 18 12:30-1:30 May 2 11:30-12:30 May 23 11:30-12:30 June 6 11:30-12:30 June 27 11:30-12:30
			Basic Floor: Round-off / Hurdle Round-off				April 25 12:30-1:30
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>	May 4 5:45-6:45			May 9 12:30-1:30 May 23 12:30-1:30 June 20 12:30-1:30
			Inter Floor: Front/Back Walkover				May 2 12:30-1:30 May 16 12:30-1:30 May 30 12:30-1:30 June 13 12:30-1:30
			Inter Floor: Front/Back Limber	June 15 5:45-6:45			June 6 12:30-1:30
			Inter Floor: Aerials	April 13 5:45-6:45 April 27 5:45-6:45 May 25 5:45-6:45 June 22 5:45-6:45			
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	April 20 5:45-6:45 May 11 5:45-6:45 June 29 5:45-6:45			
			Floor: Round-off Back Handspring	June 8 5:45-6:45			
			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	June 1 5:45-6:45			