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GYMNASTICS & TUMBLING CLINICS

SUMMER 2026

- (1) Clinics are booked on a first come first serve basis.
(2) Assessments available upon request.*
(3) Cancellation Policy: No Refund/Credit without 24 hours notice.**

NOTE: Gymnastics Ontario Administration/Insurance
Fee of \$40 applies upon registration in initial clinic

PROGRAM	FEE	PROGRAM DESCRIPTION	CLINIC SKILL(S)	TUESDAY	WEDNESDAY
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		July 22: 4:30-5:30
			Junior Floor: Rolls, Handstands & Cartwheels		July 15: 4:30-5:30 August 12: 4:30-5:30
Basic Clinics Girls & Boys Ages 6+ years (Ratio: 8:1) 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	August 11: 7:00-8:00	
			Basic Floor: Handstands & Cartwheels	August 25: 7:00-8:00	July 29: 4:30-5:30
			Basic Floor: Round-off / Hurdle Round-off		
Intermediate Clinics **Assessment Required** Girls & Boys Ages 6+ years (Ratio: 8:1) 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 (Handstand to Bridge, Standing Reach to Bridge, Stand from Bridge, Bridge Kickover)	July 14: 7:00-8:00 August 18: 7:00-8:00	August 5: 4:30-5:30 August 26: 4:30-5:30
			Inter Floor: Front/Back Walkover	July 21: 7:00-8:00	August 19: 4:30-5:30 September 2: 4:30-5:30
			Inter Floor: Front/Back Limber	August 4: 7:00-8:00 September 1: 7:00-8:00	
			Inter Floor: Aerials		
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		
			Floor: Round-off Back Handspring		
			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	July 28: 7:00-8:00	