



DYNAMO GYMNASTICS INC.
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GYMNASTICS & TUMBLING CLINICS

FALL 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)	WEDNESDAY	THURSDAY	SUNDAY
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		November 26 - 6:30 - 7:30	
			Junior Floor: Rolls, Handstands & Cartwheels		October 8 - 6:30 - 7:30	
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	October 21 - 7:30 - 8:30 November 18 - 7:30 - 8:30	October 22 - 6:30 - 7:30 November 5 - 6:30 - 7:30	
			Basic Floor: Handstands & Cartwheels	October 14 - 7:30 - 8:30 October 21 - 7:30 - 8:30 November 4 - 7:30 - 8:30 November 11 - 7:30 - 8:30	December 10 - 6:30 - 7:30	
			Basic Floor: Round-off / Hurdle Round-off	October 28 - 7:30 - 8:30 November 25 - 7:30 - 8:30 December 9 - 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 (Handstand to Bridge, Standing Reach to Bridge, Stand from Bridge, Bridge Kickover)	November 4 - 7:30 - 8:30 November 11 - 7:30 - 8:30 November 25 - 7:30 - 8:30 December 2 - 7:30 - 8:30	December 17 - 6:30 - 7:30	
			Inter Floor: Front/Back Walkover	November 18 - 7:30 - 8:30 December 2 - 7:30 - 8:30 December 16 - 7:30 - 8:30	October 15 - 6:30 - 7:30 November 12 - 6:30 - 7:30	
			Inter Floor: Front/Back Limber	October 14 - 7:30 - 8:30 December 16 - 7:30 - 8:30	November 19 - 6:30 - 7:30 December 3 - 6:30 - 7:30	
			Inter Floor: Aerials			October 11 - 2:15 - 3:15 November 1 - 2:15 - 3:15 November 15 - 2:15 - 3:15 November 22 - 2:15 - 3:15 December 20 - 2:15 - 3:15
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	October 28 - 7:30 - 8:30 December 9 - 7:30 - 8:30		October 18 - 2:15 - 3:15 November 29 - 2:15 - 3:15 December 6 - 2:15 - 3:15
			Floor: Round-off Back Handspring			October 25 - 2:15 - 3:15 November 8 - 2:15 - 3:15 December 13 - 2:15 - 3:15
			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		October 29 - 6:30 - 7:30	