

Saturday Night Tumbling Party/Clinic!

"Every Day I'm Tumbling"



When? Saturday April 14th / 6:00pm - 8:00pm

Description: Come fine tune your tumbling skills this Saturday Night at our Rock n Roll Tumbling Jam Session! The DJ will play your favorite tunes and our coaches will work on helping each athlete perfect their skills! This Clinic is for beginner, intermediate, and advanced tumblers! Cart-wheels, round-offs, flip-flops, tucks, and more! No pre-requisite required. This clinic will be instructed by some of ICG's best coaches! Other activities include, stretch and strength, basics, shape drills, tumbling, and conditioning.

Coaches: Zach Stevens (Tumbling Director), Weston Woodfin (Xcel Coach), Carlos (Tumbling and Gymnastics Coach) Jeremy Alspaugh (Coach and Owner)

Cost and Registration: \$25 first child / \$20 Siblings (to register call **281-342-4766** (**iron**) our staff will gladly help you or go online to **ironcrossgymnastics.com** and click parent portal, login, and select camps, follow prompters, and that it!

281-342-4766 (IRON)

www.ironcrossgymnastics.com

