



**ELEVATE**  
GYMNASTICS  
ACADEMY

**EGNA**

# SKILL CLINIC

**Backbend Kick-Overs and  
Back Walkovers**

**Aug 7th 2-2:30**  
**during open gym**  
**Ages 6 and up**

3132 Dwight Rd #100  
Elk Grove Ca 95758  
916-393-3993

**Call for more information**

Clinic instruction will be provided by one of our competitive coaching staff during the first 30 minutes of open gym. Then gymnast will be released to enjoy the rest of open gym.

\*Gymnast should be able to hold a bridge to attend

**REGISTRATION REQUIRED**  
by Aug 6:  
\$15 (members) or \$20 (non-members) for open gym plus additional \$5 for clinic fee

All fees are due at registration. You must be registered for both open gym and the clinic to participate in the clinic.