



Coaching Clinics

Focused skill development / improvement sessions aimed at gymnasts who are 'nearly there', needing a confidence boost or who need some technical correction.

Some clinics have age and level requirements, so please check carefully before booking.
If in doubt, just ask!

All clinics are on Saturdays 2-4pm.

£10 per gymnast

Only 10 spaces per skill.
Book in for 1 skill choice only

Clinic 4 of 10

Saturday 23rd April

A – Bars & Beam

circles, squat on to catch & cartwheels, walkovers
(must have a cartwheel and/or a walkover)

or

B – Handstands & Headstands

or

C – Bridge kick over & Walkovers

(must have bridge where the head is off the floor)

Clinic 5 of 10

Saturday 14th May

A – Cartwheels

(on floor and/or beam)

or

B – Back flic

(must have bridge kickover/back walkover)

or

C – Bars ~ Swings & Undershoots

Clinic 6 of 10

Saturday 18th June

A – Front salto & Handsprings

(age 8+)

or

B – Bars ~ Swings & Undershoots

or

C – Round off flic / flic series

(must be able to cartwheel / standing flic)

Book in here ; [Skill clinics booking link](#)