

1-Day Dance Clinics

Rolls & Handstands

Ages 4-8 years

Are you new to tumbling? This is a great clinic to help introduce you to the basics of rolls and handstands. We will provide stations and instructions on the variations of rolls including forward rolls, backward rolls, and straddle rolls. Handstands are the foundation of a majority of tumbling skills. This is a necessary skill to learn and we will provide a variety of opportunities to practice handstands.

Fee: \$10
Min: 8

| Date | Day | Time | Location |
|--------|-----|---------------|---------------------------------|
| Sept 7 | SA | 9:15-10:45 AM | Joliet Multi-Purpose Cntr E Gym |

Cartwheels & Kickovers

Ages 4-9 years

Do you want to add a little more difficulty to your tumbling and showcase your ability to perform skills with straight legs? Cartwheels and kickovers are a great way to do that. Both of these skills require you to have straight arms and legs. We will provide a variety of stations that will help hone your form to perform these skills.

Fee: \$10
Min: 8

| Date | Day | Time | Location |
|---------|-----|---------------|---------------------------------|
| Aug 24 | SA | 9:15-10:45 AM | Joliet Multi-Purpose Cntr E Gym |
| Sept 14 | SA | 9:15-10:45 AM | Joliet Multi-Purpose Cntr E Gym |

Intro to Stunting

Ages 7-10 years

This clinic is designed for cheerleaders who have never stunted or are just learning how to stunt. We will focus on understanding the terms, body positions, and team work. The stunts that will be introduced and worked on in this clinic will not extend above shoulder height for the bases of any lifts.

Fee: \$10
Min: 8

| Date | Day | Time | Location |
|---------|-----|--------------|---------------------------------|
| Aug 29 | TH | 5:15-6:45 PM | Joliet Multi-Purpose Cntr E Gym |
| Sept 19 | TH | 5:15-6:45 PM | Joliet Multi-Purpose Cntr E Gym |

Walkovers & Limbers

Ages 9-16 years

Are you looking to learn tumbling skills that will show off your flexibility and strength? This clinic will help you work on front and back walkovers as well as front and back limbers. These skills are great to learn and will help you in getting ready to progress into front and back handsprings. These skills are also a great addition to choreograph into dance and cheer routines!

Fee: \$10
Min: 8

| Date | Day | Time | Location |
|--------|-----|----------------|---------------------------------|
| Aug 24 | SA | 11 AM-12:30 PM | Joliet Multi-Purpose Cntr E Gym |
| Sept 7 | SA | 11 AM-12:30 PM | Joliet Multi-Purpose Cntr E Gym |

Handsprings

Ages 9-16 years

Are you looking to achieve some advanced tumbling skills? This clinic is for you! It is necessary to be able to hold yourself up in a bridge and a handstand to have success in learning how to do front and back handsprings. If you have the ability to perform walkovers and limbers, that will help you to achieve handsprings with better success. Drills and stations will be provided to work on strength, shape, and execution of front and back handsprings. Variations such as step-outs and flysprings may be introduced based on the skill level of those signed up.

Fee: \$10
Min: 8

| Date | Day | Time | Location |
|---------|-----|----------------|---------------------------------|
| Aug 29 | TH | 7-8:30 PM | Joliet Multi-Purpose Cntr E Gym |
| Sept 14 | SA | 11 AM-12:30 PM | Joliet Multi-Purpose Cntr E Gym |

Next Level Stunting

Ages 11-16 years

This clinic is designed for cheerleaders who have experience in stunting. Harder stunts will be introduced and worked on including full arm extensions for the bases as well as more advanced lifts and dismounts. We will continue to focus on the terms, body positioning and team work that is involved in successful stunt groups.

Fee: \$10
Min: 8

| Date | Day | Time | Location |
|---------|-----|-----------|---------------------------------|
| Aug 29 | TH | 7-8:30 PM | Joliet Multi-Purpose Cntr E Gym |
| Sept 19 | TH | 7-8:30 PM | Joliet Multi-Purpose Cntr E Gym |



Why Great Programs Are Cancelled

Nothing kills a program faster than everyone waiting until the last minute to register. There are certain deadlines that are set in order to decide whether a program will be cancelled.

So if you are interested...

REGISTER EARLY!