

2025 NGPC Summer Clinics

Can't commit to a regular weekly class with your busy summer schedule?

Check out these 2-hour skill specific clinics!

DATE	TIME	CLINIC
6/2	10-12	CW/RO
6/3	1:30-3:30	FW/BW
6/5	4-6	FHS/BHS
6/9	10-12	FT/BT
6/10	1:30-3:30	Ariel
6/12	4-6	Ninja (boys only)
6/16	10-12	Hip Hop Dance Tricks
6/17	1:30-3:30	Beam
6/19	4-6	CW/RO
6/23	10-12	FHS/BHS
6/24	1:30-3:30	FT/BT
6/26	4-6	FW/BW
6/30	10-12	Ariel
7/1	1:30-3:30	Ninja (boys only)
7/7	10-12	Bars
7/8	1:30-3:30	CW/RO
7/10	4-6	Hip Hop Dance Tricks
7/14	10-12	FW/BW
7/15	1:30-3:30	FHS/BHS
7/21	10-12	Ninja (boys only)
7/22	1:30-3:30	FT/BT
7/24	4-6	Ariel
7/28	10-12	Hip Hop Dance Tricks
7/29	1:30-3:30	Vault
7/31	4-6	CW/RO
8/4	10-12	FHS/BHS
8/5	1:30-3:30	FW/BW
8/7	4-6	FT/BT
8/11	10-12	Ariel
8/12	1:30-3:30	Hip Hop Dance Tricks

Cost: \$40 per 2-hour clinic. You can register for as many clinics as you want! Pay at the clinic!

Register: Register online through our website www.nextgymnastics.com. Go to the Open Gym & Clinic button. A calendar will appear, and you click on the above date and clinic. You will register, but payment is not needed until the time of the clinic! **Registration will open for these clinics on May 4th at 7:00am.**

Ages: Ages 5-18 with certain prerequisites for each clinic. We will group kids accordingly to work with each skill level within the clinic.

Definitions: **CW/RO**- cartwheel/round-off, **FW/BW**- front/back walkovers, **FHS/BHS**- front/back handsprings, **FT/BT**- front/back tucks, **Ariel**- beginning or advanced, **Ninja**- for boys only, **Hip Hop Tricks**- various tricks done in competitive/recreational dance, **Beam**- only beam skills, **Bars**- only bar skills, **Vault**- only vault skills.