

2026 NGPC Summer Clinics

Can't commit to a regular weekly class with your busy summer schedule? Want to add that extra training for a specific skill or event?

DATE/TIME	CLINIC
6/8 10:00am	CW/RO
6/9 1:30pm	FW/BW
6/11 4:00pm	FHS/BHS
6/15 10:00am	FT/BT
6/16 1:30pm	Ariel
6/18 4:00pm	Ninja (boys only)
6/22 10:00am	Beam
6/23 1:30pm	CW/RO
6/25 4:00pm	FW/BW
6/29 10:00am	FHS/BHS
6/30 1:30pm	FT/BT
7/2 4:00pm	Ariel
7/6 10:00am	Ninja (boys only)
7/7 1:30pm	Bars
7/9 4:00pm	CW/RO
7/13 10:00am	FW/BW
7/14 1:30pm	FHS/BHS
7/16 4:00pm	FT/BT
7/20 10:00am	Ariel
7/21 1:30pm	Ninja (boys only)
7/23 4:00pm	Vault
7/27 10:00am	CW/RO
7/28 1:30pm	FW/BW
7/30 4:00pm	FHS/BHS
8/3 10:00am	FT/BT
8/4 1:30pm	Ariel
8/6 4:00pm	Ninja (boys only)

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!

Ages: Ages 5-18 with certain prerequisites for each clinic. See below. 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 (must be able to do a handstand) **FHS/BHS**- front/back handsprings (must be able to do a handstand & walkover suggested) **FT/BT**- front/back tucks (must have prior gymnastics experience in tumbling) **Ariel**- beginning or advanced (must be able to do a cartwheel) **Ninja**- for boys only **Beam**- only beam skills **Bars**- only bar skills **Vault**- only vault skills