

GYMNASTICS

SUMMER SKILLS CLINICS

Developmental & Recreation

Summer Clinics

Our Developmental Gymnastics Clinics help young athletes build confidence, strength, and foundational skills through focused instruction and fun activities. Both clinics provide extra practice in a supportive environment while encouraging skill development and a love for gymnastics.

Bar Focus Clinic: Gymnasts will develop coordination and upper-body strength while practicing grips, swings, casts, pullovers, and basic bar shapes.

Floor Focus Clinic: Gymnasts will work on fundamental skills such as rolls, handstands, cartwheels, bridges, jumps, balance, and body control through engaging drills and stations.

Boys & Girls Ages 4+

Ages 4-6 | 12:00-1:00PM

Ages 6+ | 1:00-2:30PM

REGISTER



Gymnastics Training Center – Woodson YMCA Wausau Branch
Member: \$25 | Non-Member: \$30

Summer Pop-In Classes

Have a gymnastics lover that wants more time in the gym or you have a busy summer and can't commit to a full session this summer? Join one of our Pop-In Time Slots and your gymnast can attend classes as your schedule allows!

Register for one day at a time!

Boys & Girls Ages 5+

REGISTER



Gymnastics Training Center – Woodson YMCA Wausau Branch
Fee Per Class: Member \$12 | Non-Member \$15

Competitive Level Clinics

This summer, we are excited to offer special competitive skill clinics where athletes will focus on drills, technique, strength, and progressions that build strong, consistent skills. Coaches will provide individualized instruction to help gymnasts gain confidence, refine technique, and strengthen their fundamentals. Each clinic is designed to target specific skills and progressions, including:

- **Round-Off Back Handspring**
- **Kip-Bar**
- **Floor Skills**
- **Bars Skills**
- **Beam & Vault Skills**

REGISTER



Spaces are limited, so don't wait! Enroll your athlete today and watch them flip, tumble and soar to new heights! Scan the QR code for more information and to sign up.

OPEN TO ALL GYMNASTS AGES 5-17
OTHER TEAMS WELCOME!

Gymnastics Training Center – Woodson YMCA Wausau Branch

Your child should wear easy to move in clothes and a shirt that covers their belly. No tutus, skirts, dresses or jeans.

Learn More and Register at:

WoodsonYMCA.com/gymnastics-camp or Call Member Services 715-845-2177

Questions, please email:

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