

# PRE-SEASON CLINICS

## June 1 - June 13 ■ 60 MINUTES = \$15/EACH



**Each clinic hour is a separate registration. Please see pages 2 & 3 for calendar view.**  
**!! ALL ATHLETES MUST REVIEW AND ACCEPT the updated 2020-21 Policies, Terms and Conditions upon enrollment.**

<b>Conditioning (enrollment = 3 min / 6 max)</b>		
Mondays	June 1, June 8	@ 6 pm or 8:30 pm
Tuesdays	June 2, June 9	@ 4 pm or 6:30 pm
Wednesdays	June 3, June 10	@ 6 pm or 8:30 pm
Thursdays	June 4, June 11	@ 4 pm or 6:30 pm
Saturday	June 6	@ 11am or 4 pm
Saturday	June 13	@ 10 am or 3 pm
<b>Jumps (enrollment = 3 min / 6 max)</b>		
Mondays	June 1, June 8	@ 4:30 pm or 8 pm
Tuesdays	June 2, June 9	@ 6 pm or 8:30 pm
Wednesdays	June 3, June 10	@ 4:30 pm or 8 pm
Thursdays	June 4, June 11	@ 6 pm or 8:30 pm
Saturday	June 6	@ 10:30 am or 3:30 pm
Saturday	June 13	@ 11 am or 4 pm
<b>Flyer Stretch (enrollment = 3 min / 6 max)</b>		
Mondays	June 1, June 8	@ 4:00 pm or 6:30 pm
Tuesdays	June 2, June 9	@ 4:30 pm or 8 pm
Wednesdays	June 3, June 10	@ 4:00 pm or 6:30 pm
Thursdays	June 4, June 11	@ 4:30 pm or 8 pm
Saturday	June 6	@ 10 am or 3 pm
Saturday	June 13	@ 10:30 am or 3:30 pm
<b>Tumbling Level 1 (enrollment = 3 min / 8 max)</b>		
Mon, Tues, Wed, Thur	June 1, 2, 3, 4 / June 8, 9, 10, 11	@ 4 pm or 6:30 pm
Saturdays	June 6, 13	@ 10 am or 3 pm
<b>Tumbling Level 2 (enrollment = 3 min / 8 max)</b>		
Mon, Tues, Wed, Thur	June 1, 2, 3, 4 / June 8, 9, 10, 11	@ 4 pm or 6:30 pm
Saturdays	June 6, 13	@ 10 am or 3 pm
<b>Tumbling Level 3 (enrollment = 3 min / 8 max)</b>		
Mon, Tues, Wed, Thur	June 1, 2, 3, 4 / June 8, 9, 10, 11	@ 4:30 pm or 8 pm
Saturdays	June 6, 13	@ 10:30 am or 3:30 pm
<b>Tumbling Level 4 (enrollment = 3 min / 8 max)</b>		
Mon, Tues, Wed, Thur	June 1, 2, 3, 4 / June 8, 9, 10, 11	@ 4:30 pm or 8 pm
Saturdays	June 6, 13	@ 10:30 am or 3:30 pm
<b>Tumbling Level 5 (enrollment = 3 min / 8 max)</b>		
Mon, Tues, Wed, Thur	June 1, 2, 3, 4 / June 8, 9, 10, 11	@ 6 pm or 8:30 pm
Saturdays	June 6, 13	@ 11 am or 4 pm
<b>Tumbling Level 6 (enrollment = 3 min / 8 max)</b>		
Mon, Tues, Wed, Thur	June 1, 2, 3, 4 / June 8, 9, 10, 11	@ 6 pm or 8:30 pm
Saturdays	June 6, 13	@ 11 am or 4 pm

- Clinics that do not minimum enrollment will be canceled. We will attempt to re-enroll your athlete in another clinic. ■ Due to athlete/instructor ratio restrictions under CDC guidelines, some clinics may be combined. ■ All enrollees will receive an instructional health and safety compliance email. Athlete who are ill may not participate.
- No refunds (in the event of injury, we will consider account credit) **Set up your account and register online at [gytymeil.com](mailto:gytymeil.com) > click on the "parent portal" tab.**

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## WEEK ONE: June 1 - June 6



**!! ALL ATHLETES MUST REVIEW AND ACCEPT the updated 2020-21 Policies, Terms and Conditions upon enrollment.**

### Monday, June 1

<b>4-5 pm</b>	Level 1 Tumbling Level 2 Tumbling Flyer Stretch
<b>4:30-5:30 pm</b>	Level 3 Tumbling Level 4 Tumbling Jumps
<b>6-7 pm</b>	Level 5 Tumbling Level 6 Tumbling Conditioning
<b>6:30-7:30 pm</b>	Level 1 Tumbling Level 2 Tumbling Flyer Stretch
<b>8-9 pm</b>	Level 3 Tumbling Level 4 Tumbling Jumps
<b>8:30-9:30 pm</b>	Level 5 Tumbling Level 6 Tumbling Conditioning

### Tuesday, June 2

<b>4-5 pm</b>	Level 1 Tumbling Level 2 Tumbling Conditioning
<b>4:30-5:30 pm</b>	Level 3 Tumbling Level 4 Tumbling Flyer Stretch
<b>6-7 pm</b>	Level 5 Tumbling Level 6 Tumbling Jumps
<b>6:30-7:30 pm</b>	Level 1 Tumbling Level 2 Tumbling Conditioning
<b>8-9 pm</b>	Level 3 Tumbling Level 4 Tumbling Flyer Stretch
<b>8:30-9:30 pm</b>	Level 5 Tumbling Level 6 Tumbling Jumps

### Wednesday, June 3

<b>4-5 pm</b>	Level 1 Tumbling Level 2 Tumbling Flyer Stretch
<b>4:30-5:30 pm</b>	Level 3 Tumbling Level 4 Tumbling Jumps
<b>6-7 pm</b>	Level 5 Tumbling Level 6 Tumbling Conditioning
<b>6:30-7:30 pm</b>	Level 1 Tumbling Level 2 Tumbling Flyer Stretch
<b>8-9 pm</b>	Level 3 Tumbling Level 4 Tumbling Jumps
<b>8:30-9:30 pm</b>	Level 5 Tumbling Level 6 Tumbling Conditioning

### Thursday, June 4

<b>4-5 pm</b>	Level 1 Tumbling Level 2 Tumbling Conditioning
<b>4:30-5:30 pm</b>	Level 3 Tumbling Level 4 Tumbling Flyer Stretch
<b>6-7 pm</b>	Level 5 Tumbling Level 6 Tumbling Jumps
<b>6:30-7:30 pm</b>	Level 1 Tumbling Level 2 Tumbling Conditioning
<b>8-9 pm</b>	Level 3 Tumbling Level 4 Tumbling Flyer Stretch
<b>8:30-9:30 pm</b>	Level 5 Tumbling Level 6 Tumbling Jumps

### Saturday, June 6

<b>10-11 am</b>	Level 1 Tumbling Level 2 Tumbling Flyer Stretch
<b>10:30-11:30 am</b>	Level 3 Tumbling Level 4 Tumbling Jumps
<b>11 am to noon</b>	Level 5 Tumbling Level 6 Tumbling Conditioning
<b>3-4 pm</b>	Level 1 Tumbling Level 2 Tumbling Flyer Stretch
<b>3:30-4:30 pm</b>	Level 3 Tumbling Level 4 Tumbling Jumps
<b>4-5 pm</b>	Level 5 Tumbling Level 6 Tumbling Conditioning

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- All enrollees will receive an instructional health and safety compliance email. Athletes who are ill will not be allowed to participate.
- No refunds (in the event of injury, we will consider account credit)

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## WEEK TWO: June 8 - June 13



**!! ALL ATHLETES MUST REVIEW AND ACCEPT the updated 2020-21 Policies, Terms and Conditions upon enrollment.**

### Monday, June 8

- 4-5 pm**  
Level 1 Tumbling  
Level 2 Tumbling  
Flyer Stretch
- 4:30-5:30 pm**  
Level 3 Tumbling  
Level 4 Tumbling  
Jumps
- 6-7 pm**  
Level 5 Tumbling  
Level 6 Tumbling  
Conditioning
- 6:30-7:30 pm**  
Level 1 Tumbling  
Level 2 Tumbling  
Flyer Stretch
- 8-9 pm**  
Level 3 Tumbling  
Level 4 Tumbling  
Jumps
- 8:30-9:30 pm**  
Level 5 Tumbling  
Level 6 Tumbling  
Conditioning

### Tuesday, June 9

- 4-5 pm**  
Level 1 Tumbling  
Level 2 Tumbling  
Conditioning
- 4:30-5:30 pm**  
Level 3 Tumbling  
Level 4 Tumbling  
Flyer Stretch
- 6-7 pm**  
Level 5 Tumbling  
Level 6 Tumbling  
Jumps
- 6:30-7:30 pm**  
Level 1 Tumbling  
Level 2 Tumbling  
Conditioning
- 8-9 pm**  
Level 3 Tumbling  
Level 4 Tumbling  
Flyer Stretch
- 8:30-9:30 pm**  
Level 5 Tumbling  
Level 6 Tumbling  
Jumps

### Wednesday, June 10

- 4-5 pm**  
Level 1 Tumbling  
Level 2 Tumbling  
Flyer Stretch
- 4:30-5:30 pm**  
Level 3 Tumbling  
Level 4 Tumbling  
Jumps
- 6-7 pm**  
Level 5 Tumbling  
Level 6 Tumbling  
Conditioning
- 6:30-7:30 pm**  
Level 1 Tumbling  
Level 2 Tumbling  
Flyer Stretch
- 8-9 pm**  
Level 3 Tumbling  
Level 4 Tumbling  
Jumps
- 8:30-9:30 pm**  
Level 5 Tumbling  
Level 6 Tumbling  
Conditioning

### Thursday, June 11

- 4-5 pm**  
Level 1 Tumbling  
Level 2 Tumbling  
Conditioning
- 4:30-5:30 pm**  
Level 3 Tumbling  
Level 4 Tumbling  
Flyer Stretch
- 6-7 pm**  
Level 5 Tumbling  
Level 6 Tumbling  
Jumps
- 6:30-7:30 pm**  
Level 1 Tumbling  
Level 2 Tumbling  
Conditioning
- 8-9 pm**  
Level 3 Tumbling  
Level 4 Tumbling  
Flyer Stretch
- 8:30-9:30 pm**  
Level 5 Tumbling  
Level 6 Tumbling  
Jumps

### Saturday, June 13

- 10-11 am**  
Level 1 Tumbling  
Level 2 Tumbling  
Conditioning
- 10:30-11:30 am**  
Level 3 Tumbling  
Level 4 Tumbling  
Flyer Stretch
- 11 am to noon**  
Level 5 Tumbling  
Level 6 Tumbling  
Jumps
- 3-4 pm**  
Level 1 Tumbling  
Level 2 Tumbling  
Conditioning
- 3:30-4:30 pm**  
Level 3 Tumbling  
Level 4 Tumbling  
Flyer Stretch
- 4-5 pm**  
Level 5 Tumbling  
Level 6 Tumbling  
Jumps

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