



# GYMNASTICS INTENSIVE CLINIC

PCYC GYMNASTICS intensive  
Prelevel & Levels training clinic:

Tuesday: 7/7/2020

Tuesday: 14/7/2020

10am -2pm

Gymnasts will be put through their paces with strength and conditioning challenges, team building games, learning and improving new skills and overall fun.

What to bring:

- Lunch
- Drink bottle
- Running shoes

**To secure your spot email by Friday 3rd July**

E: [griffith@pcycnsw.org.au](mailto:griffith@pcycnsw.org.au)

