



Balance Beam Skills Workshop

Coaches: <ul style="list-style-type: none"> Manami Jenden Meghan Lichtinghagen 	When: Sunday 27 th May 2018
Level: Beginners to Improvers <i>(approx. BAGA 8-3 min age 6 yrs)</i> 09.30-11.30	Intermediate to Advanced <i>(approx. BAGA 2+)</i> 11.45-13.45


Our offer:
 This workshop will give gymnasts the experience of using an 10cm Olympic beam. They will learn how to transfer skills they have learnt on the floor onto the beam, as well as practise various ways to mount and dismount. There will be a variety of technical set-ups and drills to give gymnasts the confidence to perform with a smile on a high beam! The workshop is level appropriate.

Tumble & Trampet Workshop

Coaches: <ul style="list-style-type: none"> Manami Jenden Meghan Lichtinghagen 	When: Sunday 5 th June 2018
Level: Beginners to Improvers 09.30-11.30	Intermediate to Advanced 11.45-13.45

Our offer:
 Gymnasts will be given further opportunities to have fun practising their tumbling and trampet skills while learning special safety tips. Trampet skills are key to acquiring spatial awareness, which in turn will help improve their tumbling. More advanced children will work on correct techniques for round offs, dive cartwheels, backflip and handspring preparations.

Manami Jenden is a former Elite British Competitive Gymnast and Meghan Lichtinghagen is former Canadian National Team member. Both are qualified experienced recreational and competitive coaches.

Where

**Dreifachhalle, Hoffmatt
 Halle 3, Oberaegeri, 6315**

Cost:
CHF55 per workshop
*(Enrol two siblings or join both workshops
 and get a CHF10 discount on the total)*

- To register please e-mail info@gymnastics.com
- Tel: 079 129 35 20
- www.gymnastics.com