



Recreational Bars Clinic
Friday, January 27th
4:00-5:00 PM
Ages 5 +
\$15.00

Come learn all the bar basics and increase your upper body strength!

The 1 hour clinic will cover kips, pullovers, rope climbing, chin ups, back hip circles, and much more!

SIGN UP AT THE OFFICE TODAY. REGISTRATIONS WILL BE TAKEN UNTIL WEDNESDAY, JAN. 25th!

www.daggettgymnastics.com