

Upcoming Live Course!

R103:School Age Hands-On Training

Saturday, July 12th 3pm to 9pm

At the Multnomah Athletic Club

Portland, OR.

Join us for an evening of fun and professional development! With an emphasis on safety, individual development, fitness, and fun. Instructors of recreational gymnasts will learn age-appropriate skills, drills, and progressions on the vault, bars, beam, floor, and trampoline. Information about lesson planning, class management, warmups, and games will be provided along with hands-on spotting practice.

To register contact Kelsey Kottek

USA Gymnastics State Chairman

Coachkkottek@gmail.com

Space is Limited! Reserve your spot today!

Cost is \$50 per registrant

