



Head Over Heels Gymnastics

Newsletter

July | 2025

Upcoming Events

- July 18th
 - Open Gym 4-5PM
 - Backbend/Kickover Clinic 5:15 - 6:15PM
- July 25th
 - Tottle & Tumble 9-10AM
 - Open Gym 10-11AM
- August 1st
 - Tottle & Tumble 4-5PM
 - Open Gym 5-6PM
 - Backbend/Kickover Clinic 6:15-7:15PM
- August 8th
 - Pullover/Back Hip Circle Bar Clinic 4:45-5:45PM
 - Open Gym 6-7PM
- August 15th
 - Backbend/Kickover Clinic 4:30-5:30PM
 - Tottle & Tumble 5:45-6:45PM
- September 1st
 - Labor Day, GYM CLOSED

GYMNASTICS DRESS CODE:



NOT ALLOWED:



Skills Testing

Skills testing helps us determine if gymnasts are ready for the next level!

Who: All intro and intermediate gymnasts

When: During class time 8/18 - 8/30

You will receive an email if your gymnast is ready to move up. All results will be posted in the parent portal.