



Essendon Keilor
Gymnastics Academy

Kips, Flips &

Other Cool Tricks

- Does your gymnast really want to get their **kip**?
- Are they keen to learn to do a **back flip**?
- Do they just need some more **practice**, more **spotting**, and some **extra attention**?

Our top squad coaches, including international coaches Sergey and Gunnar, will be running this program in the September Holidays. The gymnasts will get specialised spotting, lots of drills and the chance to work on advanced skills they may not be working on in class.

SEPT 21-23, 12-3PM DAILY

\$150 FOR 3 DAY PROGRAM

BOOK ONLINE AT EKGA.COM.AU
OR CALL US ON 9336 4077

