

# OCTOBER CLINICS

Cost: \$35/clinic ; \$60/both clinics  
HA members and non-members welcome!  
Register at the Kalihi Gym office or call 842.5642



## Twisting Clinic with Coach Spencer

Wednesday, October 29th 4-6p

Baranis ~ Fulls ~ Rudis ~ Flip Combinations

\*For intermediate to advanced students



## Flip Clinic with Coach Spencer

Thursday, October 30th 4-6p

3/4 Flips ~ Front Flips ~ Back Flips ~ Flip Combinations

\*For beginner to intermediate students



## Handspring Clinic with Mr Chris

Thursday, October 30th 6-8p

Front handsprings ~ Back handsprings ~ Round-offs ~ Whips

\*For beginner to intermediate students



For more information contact the office:

**Hawaii Academy**

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