

Indian Hills Gymnastics Team presents:

Gymnastics Workshop

**for Girls in grades 2-6
Limited to the first 40 Children
from the FLOW school district**

Donation: \$25 (cash please)

Registration open for instruction, practice, and fun *
On the gymnastics equipment!

Thursday, November 10, 2017

9:15 a.m. ~ Registration and organization
9:30 -11:40 ~ Workshop: vault, bars, beam and floor
11:45 - 12:00 ~ IHHS varsity team demonstration



*lower gym: Indian Hills High School, 97 Yawpo Ave., Oakland

*Required registration: Coach Danziger: ihsgymnasticsworkshop@gmail.com. Email child's name, grade, school, parent's name, emergency phone number, medical concerns.