



# PONY GIRLS VOLLEYBALL SKILLS CLINICS

Join the Pony Coaching Staff for a skills clinic designed to improve every area of your game. Players will develop an understanding of the technical aspects of the the game, in addition to tactical knowledge that will take your game to the next level. This clinic is designed for all players; those who are currently on a club team, involved in other sports, or just looking for more skill deveopment. We will offer specialized training for the player looking to gain an edge and learn more about the game.

## Grades 4-6

### Stillwater Area High School Gyms

**595-1** Sunday 4:00-5:15 PM  
Jan. 8-Feb. 26 8 sessions \$70/person

Note: Sessions on Jan. 8 and 15 will be held in the Gym at Oak-Land Junior High

**595-2** Sunday 4:00-5:15 PM  
Mar. 4-May 6 8 sessions \$70/person  
*No session March 11 or April 8*

## Grades 7-9

### Stillwater Area High School Gyms

**596-1** Sunday 5:00-6:15 PM  
Jan. 8-Feb. 26 8 sessions \$70/person

Note: Sessions on Jan. 8 and 15 will be held in the Gym at Oak-Land Junior High

**596-2** Sunday 5:00-6:15 PM  
Mar. 4-May 6 8 sessions \$70/person  
*No session March 11 or April 8*

# PONY BEGINNER GYMNASTICS

## Grades 4-6

This class is for girls in grades 4-6 who are interested in learning beginning gymnastics or who have some beginning gymnastics experience. The participants will work on beginning skill development on the vault, uneven bars, balance beam and floor exercise, with an emphasis on gymnastics safety. This is a great way to build gymnastics skills in a safe, friendly, and positive environment. Each class will have a maximum 6-1 child-instructor ratio. Class will be held in the Gymnastics Gym at Stillwater Area High School and led by SAHS Gymnastics staff. Bring to class: Appropriate workout apparel for gymnastics activity.

### Stillwater Area High School Gymnastics Gym

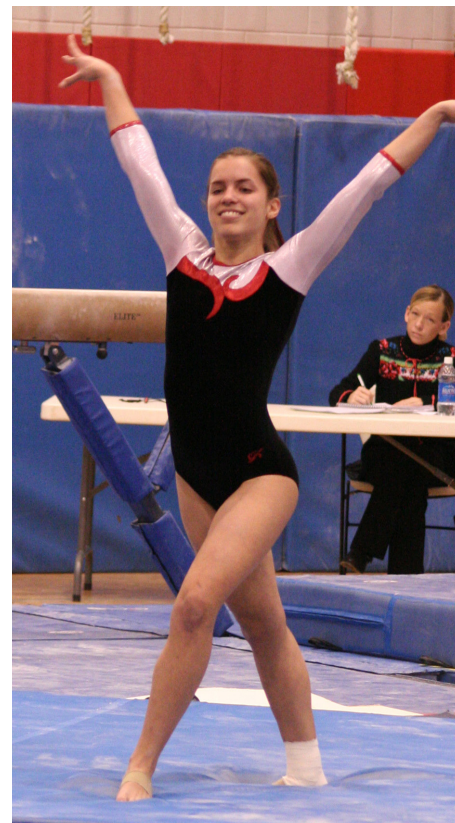
**581-1** Tuesday 7:30-8:30 PM  
Jan. 10-Feb. 21 7 sessions \$70/person

## Grades K-3

This class is for girls in grades K-3 who are interested in learning beginning gymnastics. The participants will be introduced to the vault, uneven bars, balance beam and floor exercise, while learning basic gymnastics safety skills. This is a great way to get an introduction to gymnastics in a safe, friendly, and positive environment. Each class will have a maximum 6-1 child-instructor ratio. Class will be held in the Gymnastics Gym at Stillwater Area High School and led by SAHS Gymnastics staff. Bring to class: Appropriate workout apparel for gymnastics activity.

### Stillwater Area High School Gymnastics Gym

**580-1** Tuesday 6:15-7:15 PM  
Jan. 10-Feb. 21 7 sessions \$70/person



Register Online at <http://ce.stillwater.k12.mn.us>

Questions? Call Community Education at 651-351-8300