



ARCANE ATHLETICS

MARCH EVENT SCHEDULE

SUNDAY

8

Open Workout 1:00pm-2:30pm

Join us for 90 minutes of Open Workout time where we'll help athletes learn to be self sufficient and plan their workouts!

SUNDAY

8

John Thompson Tumble Clinic!

3:00-4:30pm - BWO/BHS
4:30-6:00pm - Tucks and Up!

Join us for two 90 min class options of packed out drills, exercises and tumbling with Coach John Thompson!

SATURDAY

14

Coed Stunt Clinic!

6:00pm-7:00pm
7:15pm-8:15pm

Designed for flyers to work tosses, technique, and coed stunting. Males bases welcome – limited spots available!

SUNDAY

15

Open Workout 1:00pm-2:30pm

Join us for 90 minutes of Open Workout time where we'll help athletes learn to be self sufficient and plan their workouts!

SUNDAY

15

Arcane Ascend: Level Stunt Clinics

Level 1&2 - 3:00-4:30pm
Level 3&4 - 4:30-6:00pm

Learn skills in Levels 1-4 All-Star Cheer. Prepare for placements. Target next season's level skills here!

SATURDAY

28

Arcane Ascend: Level Stunt Clinics

Level 5&6 - 6:00-7:30pm

Learn skills in Levels 5-6 All-Star Cheer. Prepare for placements. Target next season's level skills here!

SUNDAY

29

Open Workout 1:00pm-2:30pm

Join us for 90 minutes of Open Workout time where we'll help athletes learn to be self sufficient and plan their workouts!

MARCH CLOSURES
3/22



Special Clinic



Open Workout



#TRAINYOURFIRE

www.ArcaneAthleticsNY.com

