

AUGUST

EVENT SCHEDULE



FRIDAY
8

Fun Friday Open Workout
7:00pm-8:30pm
You.
Skills.
Sweat.
Progress.

SUNDAY
10

Hofstra All-Girl Stunt Clinic! 1:00pm-3:15pm
Train with powerful groups, refine technique, and build confidence in all-girl stunting. Bases, flyers, and backs — come level up.

FRIDAY
15

Fun Friday Open Workout
7:00pm-8:30pm
You.
Skills.
Sweat.
Progress.

SATURDAY
16

Stick IT Saturday Open Workout 6:00pm-7:30pm
Join us for 90 minutes of Open Workout time to work tumbling, stunts, jumps and dance. *Game of Stick it will be for a prize.*

SUNDAY
17

John Thompson Cheer Solutions Tumbling Clinic! 2:00pm-4:00pm
Join us for 2 hours of packed out drills, exercises and tumbling for HANDSPRINGS with Coach John Thompson!

FRIDAY
22

Fun Friday Open Workout 7:00pm-8:30pm
You.
Skills.
Sweat.
Progress.

SATURDAY
23

Hofstra COED Stunt Clinic! 6:00pm-8:15pm
Designed for flyers to work tosses, technique, and coed stunting with male and female bases. Males welcome — limited spots available!




SUNDAY
24

Full Send Sunday Open Workout 1:00pm-2:30pm
Open workout time to push skills, test limits, and send big. Tumbling, stunting, and everything in between — no holding back.

FRI-SUN

29-31

Closed for Labor Day Weekend!
Enjoy the time off!

-  **Friday Open Workout**
-  **Special Clinic**
-  **Special Open Workout**



#RISEWITHARCANE

www.ArcaneAthleticsNY.com

