

# Flip Over Gymnastics Schedule (MMW)

## Marshall Mason Wing

### Gymnastics Recreation Classes

#### **Gymini Crickets (Ages 18mos - 3)**

**Monthly fee: \$45      'Early Bird' Special – before the 1st: \$35**

In this beginner class your little one will learn how to run, jump, climb, hang, roll, and much more. Toddlers will learn how to stay in a controlled environment while learning gymnastics skills. Since playing is essential to child development, this class may be a mixture of structure and free play. This is a parent participation class which means an adult is required to be in the gym and help the registered participant stay with the group and navigate different obstacles.

**Thursday                      4:30 to 5pm**

#### **Tumble Bears (Ages 3 - 5)**

**Monthly fee: \$55      'Early Bird' Special – before the 1st: \$45**

This is a co-ed high energy class taught by high energy instructors. Kids will learn to stay in a group, listen, and follow instruction. More importantly, they learn exciting gymnastics skills on trampolines, floor, tumble track, rock wall, and more. Since playing is essential to child development, this class may be a mixture of structure and free play. This is a parent participation class which means an adult is required to be in the gym and help the registered participant stay with the group and navigate different obstacles.

**Thursday                      5 to 5:45pm**

### Competitive Teams

#### **Trampoline and Tumbling**

Prices range from \$45 to \$200 per month

### Trampoline Recreation

#### **Intermediate Advanced Trampoline (Ages 6+)**

**Monthly fee: \$65      'Early Bird' Special – before the 1st: \$55**

In this class students will train on above ground trampolines, Double Mini Trampoline, and Power Tumbling. We follow USA Gymnastics progressions and competitive levels. Gymnasts will start learning how to do somersaults. They will continue to put together 10 skill routines at levels 3 and up on trampoline. On double mini and tumbling, we focus on level 4 and up passes and skills. Student must have prior trampoline training to be in this class.

**Thursday                      6 to 7pm**

#### **Beginner Trampoline**

**Monthly fee: \$65      'Early Bird' Special – before the 1st: \$55**

This is a beginner Trampoline and Power Tumbling class. Students will learn routines and passes from level 1 through 3 on Trampoline, Double Mini Trampoline, and Tumbling.

**Monday                              4:30 to 5:30pm**

**Thursday                              7 to 8pm**

### G.O.T. Recreation

#### **G.O.T. for Tots (Obstacles for Tots) (Ages 3 -5)**

**Monthly fee: \$55      'Early Bird' Special – before the 1st: \$45**

This class is for highly energetic tots that like to climb, jump, and run up the walls. We will teach them how to navigate extreme obstacles using gymnastics apparatus.

**Wednesday                      12:15 to 1pm**

**Thursday                              5 to 5:45pm**

#### **Gymnastics Obstacle Training**

**Monthly fee: \$65      'Early Bird' Special – before the 1st: \$55**

This class will be a combination of balancing, running, jumping, and flipping on obstacles utilizing gymnastics training and equipment. Strength training will be included in this class.

**Monday                              5:45 to 6:45pm (Ages 6+)**

**Wednesday                      5:45 to 6:45pm (Ages 6 +)**

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