

Flip Over Gymnastics Schedule

Flip Over Gymnastics Wing

Ages 18mos to 5

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.

Tuesday	9:15 to 9:45am	Saturday	8:45 to 9:15am
Friday	9:30 to 10am		

Tumble Bears (Ages 3 - 4)

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 balance beam, uneven bars, trampolines, floor, 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.

		Tuesday	10 to 10:45am
Monday	4:45 to 5:30pm	Saturday	9:15 to 10am

Tiny Tumblers (Ages 4-5)

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

This is one of our most popular classes! If you have a 4-5 year old an abundance of energy, then this is the class for your child. Tiny Tumblers 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 balance beam, uneven bars, trampolines, floor, and more. Adult supervision is required. This means an adult must stay in the building while the child is in class. If requested by the instructor, said adult must come into the gym to help the child through class.

Monday	12:15 to 1:15pm	Tuesday	10 to 11am
Monday	4:30 to 5:30pm	Saturday	9:45 to 10:45am
Monday	5:30 to 6:30pm		

Ages 6 to 8

Cartwheel Kids 1

Monthly fee: \$80 **'Early Bird' Special – before the 1st: \$70**

This is a beginner gymnastics class. Students will learn basic gymnastics skills on floor, beams, bars, vault, and trampoline. They will learn how to follow instruction and have fun in an exciting environment. NO PRIOR EXPERIENCE NECESSARY.

Monday	6 to 7:15pm	Wednesday	6 to 7:15pm
Wednesday	4:30 to 5:45pm	Saturday	10:45am to 12pm

Cartwheel Kids 2

Monthly fee: \$80 **'Early Bird' Special – before the 1st: \$70**

This class is for students who have completed Cartwheel Kids 1. Students must be able to execute a forward roll, backward roll, handstand, bridge, and cartwheel before entering this class. Students will be moved up per instructors' approval.

Wednesday	4:30 to 5:45pm	Wednesday	5:45 to 7pm
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Ages 6+

Home School Gymnastics

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

This is a co-ed gymnastics class of all skill levels. In this class, we work progressions from beginner to advanced gymnastics. Students will practice Balance Beams, Vault, Uneven Bars, Floor, Trampoline, and more.

Tuesday	12 to 1pm	Thursday	12 to 1pm
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Home School Trampoline

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

This is a co-ed gymnastics class of all skill levels. In this class, we work progressions from beginner to advanced trampoline skills. Students will practice trampolines, mini tramps, tumble track, and more. We work tumbling skills as well as trampoline skills in this class.

Wednesday	12 to 1pm
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Special Needs Gymnastics

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

This class is for any child who has special needs that prefers a slower paced class. At the specified time below, the gym will be quiet and less crowded. This class will also be modified to fit your child's need and goals. Parents or guardians are required to come into the gym with the participant. Please inform the instructor of any rare accommodations you may need.

Thursday 4:30 to 5:15pm

Beginner Tumbling

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

This class is for beginner tumblers. Athletes will learn and perfect Forward and Backward Roll, Handstand, Cartwheel, Round off Rebound and Bridges.

NO PRIOR EXPERIENCE NECESSARY!

Tuesday 5 to 6pm **Thursday 7 to 8pm**
Wednesday 4:30 to 5:30pm

Ages 9+

Super Splits

Monthly fee: \$90 'Early Bird' Special – before the 1st: \$80

This is a beginner to intermediate gymnastics class. Students will learn new skills on floor, trampoline, balance beams, uneven bars, vault, and more. Athletes will have strength, flexibility, and team building training as well as skill training. No prior experience is necessary to join this class.

Monday 5:30 to 7pm **Thursday 6 to 7:30pm**

Intermediate & Advanced Tumbling

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

Students in this class will focus solely on their tumbling skills and abilities. Athletes will start learning back/front walkovers, back/front handsprings, back handspring connections, back/front tucks, layouts and more. Equipment used is floor, tumble track, and possibly trampolines. Students must have prior tumbling experience.

Monday 7 to 8pm **Tuesday 7:15 to 8:15pm**
Wednesday 7 to 8pm

Cheer Tumbling

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

This class is designed for cheerleaders who wish to get their skills on a harder surface but also train new skills on softer surfaces.

Wednesdays 5:30 to 6:30pm

Boys Recreation Gymnastics

Boys Gymnastics (Ages 6-8)

Monthly fee: \$80 'Early Bird' Special – before the 1st: \$70

This class is designed to help boys develop flexibility, endurance, strength, and skills acquisition using all forms of gymnastics apparatus. BOYS ONLY!!!!!!

Tuesday 6 to 7:15pm

Exhibition Teams

Invitation only These are our show team classes. Show Team class means that the kids go out and do local exhibition performances. Athletes in this class work on intermediate to advanced skills on Floor, Balance Beam, Uneven Bars, Vault, and Trampoline. Instructors will evaluate your child to see if they meet all the requirements to a part of this team. This is a high energy class, and we don't stop moving. This class is INVITATION ONLY. Special attire may be required to purchase.

Firecrackers (Ages 4-5)

Monthly fee: \$80 'Early Bird' Special – before the 1st: \$70

Monday 4:30 to 5:45pm
Tuesday 4:30 to 5:45pm

Junior Explosion (Ages 6–10)

Monthly fee: \$90 'Early Bird' Special – before the 1st: \$80

Tuesday 4:30 to 6pm **Thursday 4:30 to 6pm**

Senior Explosion (Ages 10–18)

Monthly fee: \$90 'Early Bird' Special – before the 1st: \$80

Tuesday 5:45 to 7:15pm **Thursday 5:45 to 7:15pm**

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