

Flip Over Gymnastics Main Wing Class Schedule

No classes on October 12th

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 9:30 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

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.

Saturday 10 to 11am

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 5:30 to 6:45pm

Wednesday 4:30 to 5:45pm

Saturday 10 to 11:15am

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 5:45 to 7pm

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.

Thursday 12 to 1pm

Thursday 1 to 2pm

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.

Monday 5 to 5:45pm

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!

Thursday 7 to 8pm

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No classes on October 12th

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 5:15 to 6:45pm
Thursday 4:30 to 5:45pm

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 6:45 to 7:45pm

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

Tuesday 4:30 to 5:45pm

Junior Explosion (Ages 6–10)

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

Tuesday 6 to 7:15pm
Wednesday 4:45 to 6pm

Senior Explosion (Ages 10–18)

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

Thursday 5:45 to 7pm

Competitive Teams

Bronze/Silver/Gold

Mondays/Wednesdays = \$112

4:45 to 7pm

Saturdays = \$63.50

11 to 1pm

Tuesdays = \$51.00

12:30 to 2:30pm

Platinum, Diamond, Level 7-9

Tuesday and Thursday = \$169

5 to 8:30pm

Saturdays = \$63.50

11 to 1pm

Tuesdays = \$51.00

12:30 to 2:30pm