

Flip Over Gymnastics Main Wing Class Schedule

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 **5:45 to 7pm**
Tuesday **4:30 to 5:45pm**
Wednesday **4:45 to 6pm**
Saturday **9 to 10:15am**

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.

Monday **4:30 to 5:45pm**
Wednesday **5:45 to 7pm**
Saturday **10:15 to 11:30am**

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 **4:30 to 5:15pm**

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.

Thursday **4:30 to 6pm**
Saturday **10:15 to 11:45am**

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 **3:30 to 4:30pm**
Wednesday **6 to 7pm**

Beginner Tumbling

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

This class is for beginner tumblers. Athletes will learn and perfect forward rolls, backward rolls, handstands, cartwheels, round offs, and bridges. No prior experience is necessary.

Thursday **4:30 to 5:15pm**
Monday **4:30 to 5:15pm**

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**

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

Junior Explosion (Ages 6–10)

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

Tuesday 5:45 to 7:15pm
Wednesday 4:30 to 6pm

Senior Explosion (Ages 10–18)

Monthly fee: \$90 **'Early Bird' Special – before the 1st: \$70**

Wednesday 4:30 to 6pm

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Homeschool Classes

Wee Homefries Ages 4 – 7 Marshall Mason Wing

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

This is a beginner class for our youngest homeschooling age group. The athletes will learn beginner skills on bars, beam, tumble track, trampolines, and more.

Tuesday 11:15 to 12:15pm

Thursday 10:45 to 11:45am

Beginner Ages 8 and up Main Wing

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

This is a beginner class for our older homeschool gymnasts. The athletes will learn beginner skills on bars, beam, tumble track, trampolines, floor, vault and more.

Tuesday 12:30 to 1:30pm

Wednesday 12 to 1pm

Intermediate to Advanced Ages 8 and up Main Wing

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

This is an intermediate class for our older homeschool gymnasts. The athletes must be approved by an instructor to participate in this class. There are a set of skills required to be in this class.

Tuesday 1:30 to 2:30pm

Thursday 12 to 1pm

Trampoline Ages 8 and up Marshall Mason Wing

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

This is a class for all skill levels that will focus on trampoline skills and safety. They will follow the USAG progressions and routines on trampoline, DMT, power tumbling.

Thursday 1 to 1:45pm

Wednesday 1 to 1:45pm

Physical Fitness Ages 8 and up Main Wing

Monthly fee: \$35 'Early Bird' Special – before the 1st: \$25

This is a class for all skill levels that will focus on exercises and workout. Athletes will be taught proper form for exercises such as squats, pullups, pushups, etc. This is a physical fitness class, there will no gymnastics instruction in this class.

Thursday 1:45 to 2:15pm