

CLASS DESCRIPTIONS

TADPOLES- (Ages 14-36 months) This is a 45 minute class. The parent or caretaker comes into the gym and with the help of instructors you will assist the child through obstacle courses which incorporate all of the major events in gymnastics. We use lots of mats to introduce the basic skills to your toddler while teaching them to follow direction and wait their turn. We come together at the end of class for circle time which includes a good bye song with the parachute and bubbles, stamps and a coloring picture of something they've learned.

LEAP FROGS- (Ages 3 & 4) This class is 50 minutes long. Children go into this class without a parent, you may watch from the lobby. Children learn all of the basics of gymnastics in an obstacle course format. Skills include forward rolls, backward rolls, cartwheels, handstands by walking their feet up the mat on wall, jumps, body positions, balance beam walks, basic vaulting, bars, trampolines and much more! You will see your child develop upper body strength, as well as flexibility, balancing and coordination.

GIRLS / BOYS - 1 hour Class & 1-1/2 hour Class The children are ages 4-6 years old for the 1 hour, 7-14 do 1-1/2 hours. Our program is based on USA Gymnastics' curriculum and focuses on skill levels 1-4. Children advance at different rates and we work to each child's own ability. Kids will get to use 2 events per class and change each week. (Floor, Bars, Beam (girls), Vault, Pommel horse and rings (boys). Stations are set up around the event they are on and each child is assigned a station so that they are all working on something at all times. They rotate around stations learning skills progressively. Children's skills are recorded on a star chart as they are achieved so the child and parent can see the progress.

FLIP & TUMBLE FOR BOYS (girls too!)- This is a class for boys and girls who want to learn to flip and twist in a safe manor. We use the foam pit, mini tramp, tumbltrak and trampoline along with mats to assist in training and safe landings.

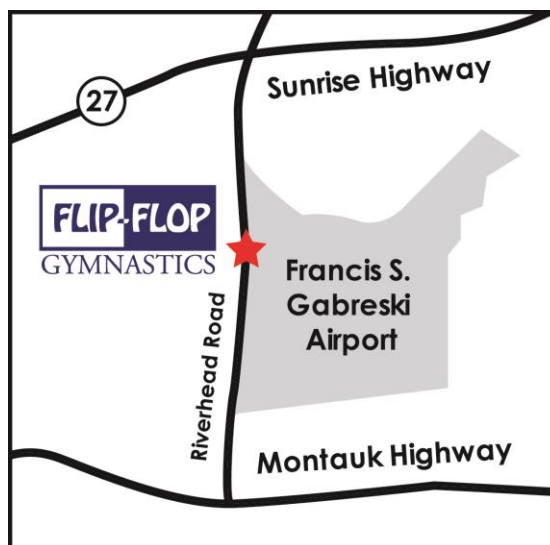
ADVANCED CLASS- Children are selected from their recreational classes for more advanced levels of gymnastics. The gymnasts should have back handsprings on floor and other more advanced skills for this class.

Ninja Challenge has developed an obstacle course skills program that incorporates basic skill sets from gymnastics, climbing, cross training, and track and field. We incorporate gymnastics equipment with specialized ninja training equipment such as cargo nets, rock walls, slack lines, ropes, swinging rings and ladders. The Desired result of this program is to improve children's strength, flexibility, and all around athleticism

PRETEAM or a training group is a stepping stone to the team. This gives the gymnast an opportunity to see what team is about on a smaller scale (less time and commitment.) Children must be recommended for this class by their instructor or can be evaluated upon your request. Children usually come twice per week.

**Classes are subject to cancellation so please call ahead to schedule your classes. You must schedule all make-up classes, and there are no un-announced drop-ins to prevent overcrowded classes*

**USAG & USAIGC COMP TEAMS
FLIP-FLOP GYMNASTICS HAS
PROFESSEIONAL USAG CERTIFIED
TEACHERS. WE HAVE SET TEACHER/
STUDENT RATIOS & STICK TO THEM!**



From Sunrise Highway take Exit 63S - Riverhead Road. Driveway is 1 mile south on right side of road.

From Montauk Highway take Old Riverhead Road North. We are the 4th driveway on the left hand side after the light at Gabreski Airport.

FLIP-FLOP GYMNASTICS

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Westhampton Beach NY 11978
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www.Flip-flogymnastics.com

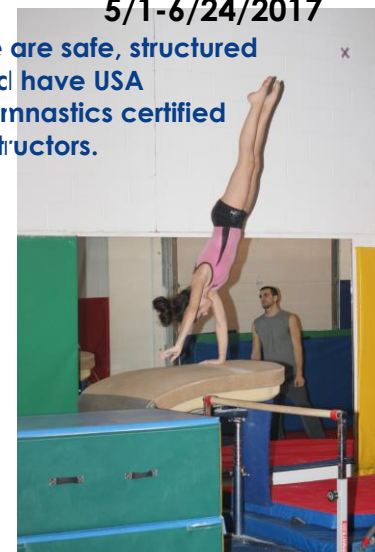
FLIP-FLOP

GYMNASTICS SPRING 2017

**SESSION 4 (8 WKS) prorated
prices**




5/1-6/24/2017

**We are safe, structured
and have USA
Gymnastics certified
instructors.**



PROGRAMS OFFERED

- Tadpoles (Parent & Me)
- Leap Frogs (Ages 3-5)
- Recreational Classes
- Advanced Classes
- Ninja Challenge
- Team & Preteam
- Boy's Tumble
- Tumble Cheer

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30-11:15 TADPOLES • 14-36MOS Mark	10:00-10:45 TADPOLES • 14-36MOS Mel	10:00-10:50 Leapfrogs 3-5 yrs Mark	10:30-11:15 TADPOLES 14-36MOS Mark	10:00-10:45 TADPOLES• 14-36MOS Mark	9:15-10:00 TADPOLES • 14-36MOS Mark
10:30-11:20 Leapfrogs 3-5 yrs Melanie	11:00-11:50 LEAP FROGS • 3-5YRS Mel	11:00-11:45 TADPOLES • 14-36MOS Mark	11:30-12:20 LEAP FROGS • 3-5YRS Mark	11:00-11:50 LEAP FROGS • 3-5YRS Mark	9:10-10:00 LEAP FROGS • 3-5YRS Ashley & Mel
11:30-12:20 Peewee Ninjas 3-5yr Mark	4:15-5:45 Flip & Tumble 7-12 yrs James	2:30-3:15 TADPOLES • 14-36MOS Mel	12:30-1:20 LEAP FROGS • 3-5YRS Mark		9:00-10:00 5-7 yrs Sarah
11:30-12:15 TADPOLES • 14-36MOS Melanie	4:15-5:15 5-7 yrs Sarah	3:30-4:20 LEAP FROGS • 3-5YRS Sarah / Ash/ Mel	3:15-4:05 Peewee Ninja's 3-5YR Mark & James	2:00-2:50 or 3:15-4:05 Peewee Ninjas 3-5yr Mark & James	10:00-11:00 4-6 YEARS Ashley
3:15-4:05 LEAP FROGS * 3-5YRS Ashley	4:15-5:45 7-9 yrs Mark	4:15-5:15 USA Ninja Challenge 5-7 yrs Conor	4:15-5:15 USA Ninja Challenge 7-10 yrs James	4:15-5:15 5-7 yrs Sarah	10:00-11:30 8-10 yrs Mark
4:00-5:00 USA Ninja Challenge 5-7 yrs James & Mark	4:30-5:30 4-6 yrs Mel	4:00-5:30 Flip & Tumble 6-9 yrs James	4:15-5:45 7-9 yrs Mark	4:15-5:15 USA Ninja Challenge 5-7 yrs James & Mark	11:15-12:45 7-9 Ashley
4:15-5:15 4-6 yrs Ashley	4:45-5:45 USA Ninja Challenge 5-7yrs Conor	4:15-5:15 4-6 yrs Mel & Kaylee	4:30-5:30 4-6 yrs Mel	4:30-5:30 4-6 yrs Ashley	11:15-12:45 10-14 yrs Mark
4:15-5:45 7-9 yrs Mel	5:30-6:30 4-6 yrs Mel	4:15-5:45 7-9 yrs Ashley	5:15-6:45 8-12yrs Conor 5:30-6:30 5-7 yrs Mel	4:30-6:00 7-9 yrs Conor	
5:15-6:15 USA Ninja Challenge 7-10 yrs James	5:45-7:15 7-9 yrs Conor	5:15-6:45 8-12 yrs Conor	5:30-7:00 8-12 yrs Mark	5:30-6:30 5-7 yrs Ashley	
5:15-6:45 8-12 yrs Ashley	5:30-7:00- Mark ADVANCED GIRLS Recommendation only	5:15-6:15 4-6 yrs Mel	5:30-7:00 Flip & Tumble 12-17 yrs James	5:30-7:00 8-10 yrs Mark	
5:45-6:45 5-7 yrs Mel	5:45-7:15 Flip & Tumble BOYS 12-17 yrs James	5:30-7:00 Flip & Tumble 8-12 yrs James	6:30-7:30 USA Ninja Challenge Conor 6-9	5:30-7:00 Flip & Tumble-NINJA 9-15 yrs James	
6:45-8:15 7-9 YRS Ashley	6:30-8 9-15 YRS Mel	5:45-6:45 5-8 YEARS Ashley	6:30-8 AGES 9-15 YRS Mel	6:00-7:30 9-15 yrs Conor	BOOK A PARTY SATURDAY 1:30-3:00 Or 4:00-5:30 SUNDAY (open time slots)
6:30-7:30 7-11YRS Tumble Cheer James & Mel	7:00-8:30 11+yrs• \$12 TUMBLE James & Conor	6:45-8:15 9-15 yrs Conor	7:00-8:30 11+yrs• \$12 TUMBLE James & Conor	6:30-7:30 5-8 YRS Ashley	 USA GYMNASTICS.

*Classes and Teacher subject to change if needed, extra teachers may be added for large groups •

Flip-Flop Gymnastics is a USA GYMNASTICS MEMBER CLUB. We offer structured and safe gymnastics classes for children of all ages.

Prices are for a 10 wk session, for once per week. Second classes receive 25% off, Siblings receive \$10 discount off of full session tuition.

TADPOLES (14-36mos) \$176 • LEAP FROGS (3-5 yrs) \$192 • 1-HOUR CLASS \$200 • 1-1/2 HOURCLASS \$232 • Thank you for your interest and your business!!