

PH 631-288-2845  
FAX 631-288-2834



**What To Bring:**

- Proper Attire: Shorts and T-shirt for boys, leotard for girls. Bare feet.
- Water bottle

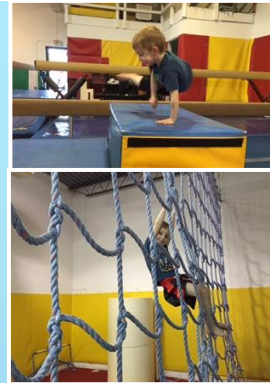


**Gymnastics**

In our Gymnastics program each student will have the opportunity to experience each gymnastic apparatus with a trained instructor and make friends along the way.

Each group is sorted by age. Kids will spend 25 minutes on each apparatus including: vault, uneven bars, balance beam, floor, tumble track, foam pit, and trampoline.

Gymnastics classes are offered for kids of all ages from our Tadpole & Leapfrog Programs through several recreational gymnastics classes offered throughout the week



**Ninja**

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, hanging ladders and warped walls.

The Desired result of this program is to improve children's strength, flexibility, and all around athleticism.

Ninja is open to boys and girls ages 4-18. Offered Mon- Fri

**Flip-Flop Gymnastics**  
381-14 Old Riverhead Road  
Westhampton Beach, NY 11978  
(631) 288-2845  
www.flip-flogymnastics.com  
**Fun safe gymnastics!**



Fall 2017

9/11-11/18/17

Call 631-288-2845 or register on our parent portal online at [www.flip-flogymnastic.com](http://www.flip-flogymnastic.com)

**About us...**

Flip-Flop Gymnastics offers safe, structured, and productive gymnastics classes in a healthy and friendly environment. All of our staff is first aid, CPR and AED-certified, and safety-certified through USA Gymnastics. We offer instruction to kids of all age and skill level and are a USA Gymnastics program.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30-11:15 Tadpoles • 14-36mos Mark	10:00-10:45 Tadpoles • 14-36mos Mark	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 • 3-5yrs Mel	11:00-11:50 Leapfrogs 3-5yrs Mark	11:00-11:45 Tadpoles • 14-36mos Mark	11:30-12:20 Leapfrogs • 3-5yrs Mark	11:00-11:50 Leapfrogs • 3-5yrs Mark	9:10-10:00 Leapfrogs 3-5yrs Mel & Ashley
11:30-12:15 Tadpoles • 14-36mos Miss Mel	2:15-3:05 Pee Wee Ninja 3-5 yr Miss Mel	2:30-3:20 3-5yr Pee Wee Ninja Miss Mel	12:30-1:20 Leapfrogs • 3-5yrs Mark	2:00-2:50 Pee wee Ninjas 3-5yr Mark & James	10:00-11:00 4-6 yrs Mel
11:30-12:20 Pee wee Ninjas 3-5yr Mark	3:30-4:20 Leapfrogs 3-5yrs Miss Mel & Ash	3:30-4:20 Leapfrogs • 3-5yrs Miss Mel & Mark	3:30-4:20 Leapfrogs • 3-5yrs Miss Mel & Ash	3:15-4:05 Pee wee Ninjas 3-5yrs James & Mark	10:00-11:30 7-9 yrs Ashley
	4:15-5:15 5-7 yrs Miss Mel	4:00-5:30 8-12 yrs James Flip & Tumble/ Ninja	3:15-4:05 Pee wee Ninja 3-5yrs Mark & James	4:15-5:15 Ninja Challenge 5-8 yrs James & Chris/Cece	10:00-11:30 10-14 yrs Mark
4:15-5:15 Ninja 5-8 yrs James	4:15-5:45 7-9 yrs Mark	4:15-5:15 Ninja 5-8 yrs Chris/Cece	4:15-5:15 Ninja 5-8 yrs James & Chris/Cece	4:30-5:30 4-6 yrs Ashley	11:15-12:15 5-7 yrs Mel
4:15-5:15 4-6 yrs Miss Mel	4:30-5:30 Ninja 5-8 yrs James	4:30-5:30 4-6 yrs Miss Mel	4:30-5:30 4-6 yrs Ashley	4:30-6:00 7-9 yrs Mark	11:15-12:45 7-9 & 10-14 yrs Ashley & Mark
4:15-5:45 7-9 yrs Coach Mark	4:30-5:30 4-6 yrs Miss Ashley	4:15-5:45 7-9 yrs Mark	4:15-5:45 7-9 yrs Mark	5:30-6:30 Ninja Challenge Chris & Cece	
5:15-6:15 Ninja 8-12 yrs Chris/Cece	5:15-6:15 5-7 yrs Miss Mel	5:30-6:30 Ninja 8-12 yrs Chris/Cece	4:45-6:15 9-15 yrs Mel	5:30-6:30 5-7 yrs Ashley	
5:15-6:45 7-9 yrs Miss Mel	5:30-7:00 8-12 yrs Miss Ashley	5:30-7:00 Flip & Tumble/ Ninja 8-12 yrs James	5:30-6:30 5-7 yrs Mark	5:30-7:00 Flip & Tumble/ Ninja 8-12 yrs James	
5:15-6:45 Flip & Tumble 8-12 yrs James	5:30-6:30 Ninja 5-8 yrs James	5:30-6:30 5-8 years Miss Mel	5:30-7:00 8-12 yrs Ashley	6:00-7:30 8-12 yrs Mark	
5:45-6:45 5-7 yrs Mark	5:45-7:15 Mark Advanced Class Recommendation only	6:00-7:00 5-8 Ninja Mark	5:30-7:00 Flip & Tmbl 12-17 yrs James	6:30-7:30 5-8 YRS Ashley	
6:15-7:15 Ninja 5-8 yrs Chris / Cece	6:30-7:30 Ninja 8-12 yrs James	6:30-8 9-15 yrs Miss Mel	5:30-6:30 Ninja 5-8 yrs Chris/Cece	7:00-8:30 HS/Mdl SchoolOpen Tmbl- James/ Mark	
6:45-7:45 7-11yrs Tumble Cheer James & Cece/ Mel	6:30-7:30 5-8 yrs Miss Mel	6:45-7:45 Ninja 5-8 yrs Chris/Cece	6:30-7:30 5-8 yrs Miss Mel		
6:45-8:15 9-15 yrs Mark		7:00-8:30 HS/Mdl SchoolOpen Tmbl- James//Mark	6:30-8:30 Non-compete Team Coach Mark		
			7-8:00 7-11yrs Tumble Cheer James & Cece/ Mel		

FFGymnastics 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) \$225 • LEAP FROGS (3-5 yrs) \$245 • 1-HOUR CLASS \$255 • 1-1/2 HOURCLASS \$295 • 2 hr non compete \$325