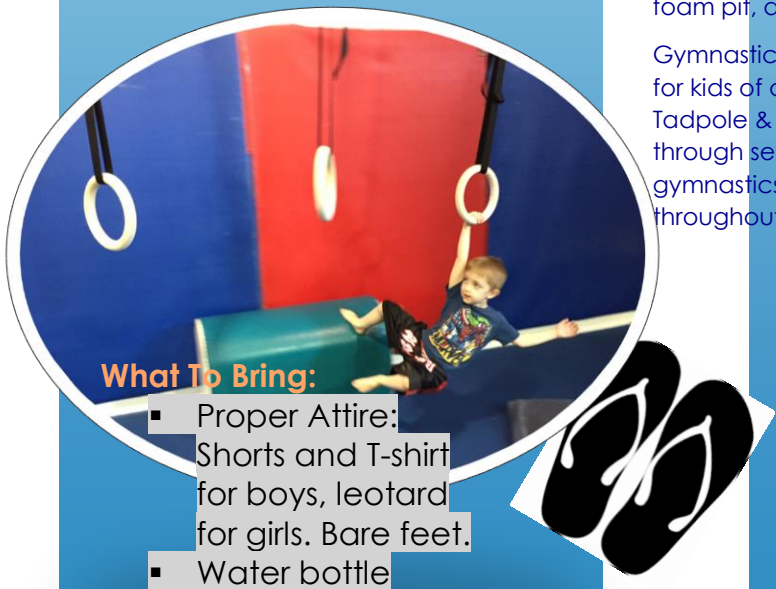


PH 631-288-2845  
FAX 631-288-2834



**What To Bring:**

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

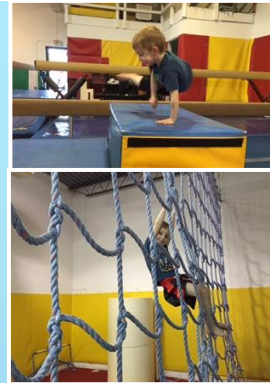


**Gymnastics**

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!**



**Session 2**

11/20/17-02/3/18

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 Miss Mel	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 Miss Mel	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	2:15-3:15 Hmschool 5-9yrs Gymnastics/Ninja Miss Mel		12:30-1:20 Leapfrogs • 3-5yrs Mark	2:00-2:50 Peewee Ninjas 3-5yr Coach James	10:00-11:00 4-6 yrs Mel
11:30-12:20 Peewee 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	2:00-3:00 Hmschool 8-12yrs Gymnastics/Ninja Mark	10-11:30 8-12 yrs Flip & Tumble/Ninja James
	4:15-5:15 5-7 yrs Miss Mel	4:00-5:30 8-12 yrs James Flip & Tumble/ Ninja	3:15-4:05 Peewee Ninja 3-5yrs Mark & James	3:15-4:05 Peewee Ninjas 3-5yrs James & Mark	10:00-11:30 7-9 yrs Ashley
4:15-5:15 Ninja 5-8 yrs James,Chris,Nelson	4:15-5:45 7-9 yrs Mark	4:15-5:15 Ninja 5-8 yrs Chris/ Nelson	4:15-5:15 Ninja 5-8 yrs James & Chris/Nelson	4:15-5:15 Ninja Challenge 5-8 yrs James/ Chris/Nelson	10:00-11:30 10-14 yrs Mark
4:15-5:15 4-6 yrs Miss Mel	4:30-5:30 Ninja 5-8 yrs James & Conor	4:30-5:30 4-6 yrs Miss Mel	4:30-5:30 4-6 yrs Ashley	4:15-5:15 4-6 yrs Ivana *New Class	11:15-12:15 5-7 yrs Mel
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	4:30-5:30 4-6 yrs Ashley	11:15-12:45 7-9yrs Ashley
5:15-6:15 Ninja 8-12 yrs Chris/Nelson	5:15-6:15 5-7 yrs Miss Mel	5:30-6:30 5-8 years Miss Mel	4:45-6:15 9-15 yrs Mel	4:30-6:00 7-9 yrs Mark	11:15-12:45 10-14 yrs Mark
5:15-6:45 7-9 yrs Miss Mel	5:30-7:00 8-12 yrs Miss Ashley	5:30-7:00 8-12 yrs Flip & Tumble/ Ninja James,Chris, Nelson	5:30-6:30 5-7 yrs Mark	5:15-6:15 4-6 yrs Ivana *New Class	11:45-12:45 Ninja 5-8 yrs James
5:15-6:45 Flip & Tumble 8-12 yrs James	5:30-6:30 Ninja 5-8 yrs James	6:00-7:00 5-8 Ninja Mark	5:30-7:00 8-12 yrs Ashley	5:30-6:30 5-7 yrs Ashley	
5:45-6:45 5-7 yrs Mark	5:30-7 9-15 yrs Conor *New Class	6:30-8 9-15 yrs Miss Mel	5:30-7:00 Flip & Tmbl 12-17 yrs James	5:30-7:00 8-12 yrs Flip & Tumble/ Ninja James, Nelson, Chris	
6:15-7:15 Ninja 5-8 yrs Chris/ Nelson	5:45-7:15 Mark Advanced Class Recommendation only	6:45-7:45 Ninja 5-8 yrs Chris/Nelson	5:30-6:30 Ninja 5-8 yrs Chris/Nelson	6:00-7:30 8-12 yrs Mark	
6:45-7:45 7-11yrs BHS/Tumble Cheer James & Mel	6:30-7:30 Ninja 8-12 yrs James	7:00-8:30 HS/Mdl SchoolOpen Tmbl- James//Mark	6:30-7:30 5-8 yrs Miss Mel	6:15-7:15 4-6 yrs Ivana *New Class	
6:45-8:15 9-15 yrs Mark	6:30-7:30 7-11 yrs Miss Mel		6:30-8:30 Non-compete Team Coach Mark	6:30-7:30 5-8 YRS Ashley	
	7-8:00 7-11yrs BHS/Tumble Cheer Conor *New Class		7-8:00 7-11yrs BHS/Tumble Cheer James	7:00-8:30 HS/Mdl SchoolOpen Tmbl- James/ Mark	

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