

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



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 4-17. Offered Mon-Sat.

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

What To Bring:

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



Session 3

2/5/18-4/28/18



Call 631-288-2845 or register on our parent portal online at www.flip-flopgymnastics.com

Closed President's week & Spring Recess week of 4/2-4/7/18. No make ups needed.

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 Tadpoles • 14-36mos 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 Miss Mel	11:00-11:50 Leapfrogs 3-5yrs Mark	11:00-11:45 Leapfrogs 3-5 yrs 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		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		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 Peewee Ninja 3-5yrs Mark & James		10:00-11:30 10-14 yrs Mark
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	2:00-2:50 Peewee Ninjas 3-5yr Coach James	10:11:30 8-12 yr Flip &Tumble/ Ninja James
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	4:15-5:45 7-9 yrs Mark	3:15-4:05 Peewee Ninjas 3-5yrs James & Mark	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	4:30-5:30 4-6 yrs Ashley	4:15-5:15 Ninja Challenge 5-8 yrs James,Chris,Nelson	11:15-12:45 7-9 Ashley
5:15-6:15 Ninja 8-12 yrs Chris/ Nelson	5:15-6:15 5-7 yrs Miss Mel	5:30-7:00 Flip & Tumble/ Ninja 8-12 yrs James	4:45-6:15 9-15 yrs Mel	4:30-5:30 4-6 yrs Ashley	11:15-12:45 10-14 yrs Mark
5:15-6:45 7-9 yrs Miss Mel	5:30-7 Conor 9-15 yrs	5:30-6:30 5-8 yr Ninja Chris/Nelson	5:30-6:30 5-7 yrs Mark	4:30-6:00 7-9 yrs Mark	11:45-12:45 Ninja 5-8 yrs James
5:15-6:45 Flip & Tumble 8-12 yrs James	5:30-7:00 8-12 yrs Miss Ashley	5:30-6:30 5-8 years Miss Mel	5:30-7:00 8-12 yrs Ashley	5:30-6:30 5-7 yrs Ashley	
5:45-6:45 5-7 yrs Mark	5:30-6:30 Ninja 5-8 yrs James	6:00-7:00 5-8 Ninja Mark	5:30-7:00 Flip & Tmbl 12-17 yrs James	5:30-7:00 Flip & Tumble/ Ninja 8-12 yrs James,Nelson	
6:15-7:15 Ninja 5-8 yrs Chris/Nelson	5:45-7:15 Mark Advanced Class Recommendation only	6:30-8 9-15 yrs Miss Mel	5:30-6:30 Ninja 5-8 yrs Chris/Nelson	6:00-7:30 8-12 yrs Mark	
6:45-7:45 7-11yrs Tumble Cheer James	6:30-7:30 Ninja 8-12 yrs James	6:30-7:30 Ninja 5-8 yrs Chris/Nelson	6:30-7:30 5-8 yrs Miss Mel	6:30-7:30 5-8 YRS Ashley	
6:45-8:15 9-15 yrs Mark	6:30-7:30 7-11 yrs Miss Mel	7:00-8:30 HS/Mdl SchoolOpen Tmbl- James/Mark	6:30-8:30 Non-compete Team Coach Mark	7:00-8:30 HS/Mdl SchoolOpen Tmbl- James/ Mark	
	7-8:00 7-11yrs BHS Tmbl Cheer Conor		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