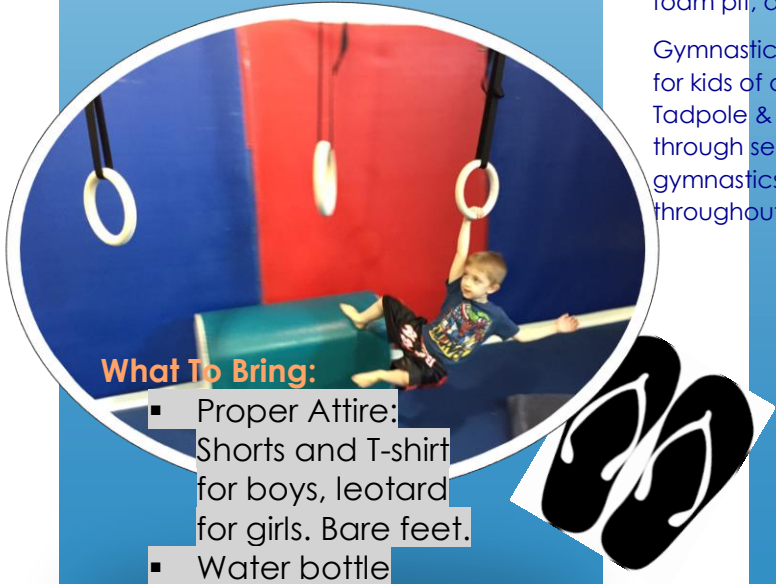


PH 631-288-2845
FAX 631-288-2834



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 4
4/30-6/23/2018

Call 631-288-2845 or register on our parent portal online at 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 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 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 Pee wee Ninjas 3-5yr Mark			3:30-4:20 Leapfrogs • 3-5yrs Miss Mel & Ash		10-11:30 8-12 yrs Flip & Tumble/Ninja James
	3:30-4:20 Leapfrogs 3-5yrs Miss Mel & Ash	3:30-4:20 Leapfrogs • 3-5yrs Miss Mel & Mark	3:15-4:05 Pee wee Ninja 3-5yrs Mark & James		10:00-11:30 7-9 yrs Ashley
4:15-5:15 Ninja 5-8 yrs James,Chris	4:15-5:15 5-7 yrs Miss Mel	4:00-5:30 8-12 yrs James Flip & Tumble/ Ninja	4:15-5:15 Ninja 5-8 yrs James & Chris/Nelson	2:00-2:50 Pee wee Ninjas 3-5yr Coach James	10:00-11:30 10-14 yrs Mark
4:15-5:15 4-6 yrs Miss Mel	4:15-5:45 7-9 yrs Mark	4:15-5:15 Ninja 5-8 yrs Chris/ Nelson	4:30-5:30 4-6 yrs Ashley	3:15-4:05 Pee wee 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 Ninja 5-8 yrs James & Nelson	4:30-5:30 4-6 yrs Miss Mel	4:15-5:45 7-9 yrs Mark	4:15-5:15 Ninja 5-8 yrs James/ Chris	11:15-12:45 7-9yrs Ashley
5:15-6:15 Ninja 8-12 yrs Chris	4:30-5:30 4-6 yrs Miss Ashley	4:15-5:45 7-9 yrs Mark	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	5:15-6:15 5-7 yrs Miss Mel	5:30-6:30 5-8 years Miss Mel	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 yrs Ninja Chris	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	5:30-7:00 8-12 yrs Flip & Tumble/ Ninja James	5:30-7:00 Flip & Tmbl 12-17 yrs James	5:30-6:30 5-8 yr Ninja Chris	
	5:45-7:15 Mark Advanced Class Recommendation only	6:00-7:00 5-8 Ninja Mark/ Nelson	5:30-6:30 Ninja 5-8 yrs Chris/Nelson	5:30-7:00 8-12 yrs Flip & Tumble/ Ninja James, Chris	
6:45-7:45 7-11yrs BHS/Tumble Cheer James & Mel	6:30-7:30 Ninja 8-12 yrs James	6:30-8 9-15 yrs Miss Mel	6:30-7:30 5-8 yrs Miss Mel	6:00-7:30 8-12 yrs Mark	
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	6:30-7:30 5-8 YRS Ashley	
	7:15-8:15 7-11yrs BHS/Tumble Cheer Mark		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 prorated for an 8 wk session, for once per week. Second classes receive 25% off,

TADPOLES (14-36mos) \$180 • LEAP FROGS (3-5 yrs) \$196 • 1-HOUR CLASS \$204 • 1-1/2 HOURCLASS \$236 • 2 hr non compete \$260