

PH 631-288-2845
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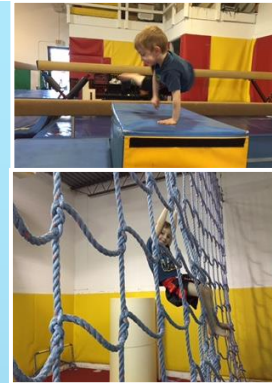


Gymnastics

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!



Session 1

11/26/18 -02/9/19

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

Closed Halloween afternoon. No make-up 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.



What To Bring:

Proper Attire: Shorts and T-shirt for boys, leotard for girls. Hair tied back, no hoop earrings. Bare feet.

- Water bottle



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30-11:15 Tadpoles • 14-36mos Mark	10:00-10:45 Tadpoles • 14-36mos Mark	10:00-10:45 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		12:15-1:15 Homeschool 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		4:00-5:30 8-12 yrs James Flip & Tumble/ Ninja	3:15-4:05 Peewee Ninja Mark/James		10:00-11:30 7-9 yrs Ashley
4:15-5:45 7-9 yrs Coach Mark	3:30-4:20 Leapfrogs 3-5yrs Miss Mel & Mark	4:15-5:15 Ninja 5-8 yrs Chris	3:30-4:20 Miss Mel Leapfrogs		10:00-11:30 10-14 yrs Mark
4:15-5:15 Ninja 5-8 yrs James,Chris,	4:15-5:45 7-9 yrs Mark	4:15-5:45 7-9 yrs Mark	4:15-5:45 7-9 yrs Mel	2:00-2:50 Peewee Ninjas 3-5yr Coach James & Mark	10-11:30 8-12 yr Flip &Tumble/ Ninja James
4:30-5:30 4-6 yrs Miss Mel	4:30-5:30 Ninja 5-8 yrs James	4:15-5:05 Leapfrogs 3-5 yrs Miss Ashley	4:15-5:45 9-15 yrs Mark	3:15-4:05 Peewee Ninjas 3-5yrs James & Mark	11:15-12:15 5-7 yrs Mel
4:30-6:00 8-12 yrs Ashley	4:30-5:30 4-6 yrs Miss Mel	4:30-5:30 4-6 yrs Miss Mel	4:30-5:30 4-6 yrs Jamie	4:30-5:30 Ninja Challenge 5-8 yrs James,Chris	11:15-12:45 7-9 Ashley
5:15-6:15 Ninja 8-12 yrs Chris	4:30-5:20 4-6 yrs Miss Jamie	5:15-6:45 8-12 Ashley	4:30-5:30 Ninja 5-8 yrs James, Chris	4:30-5:30 4-6 yrs Ashley	11:15-12:45 10-14 yrs Mark
5:30-7:00 7-9 yrs Miss Mel	5:30-6:30 5-7 yrs Miss Mel	5:15-6:15 5-8 yr Ninja Chris	5:30-7:00 Flip & Tmbl 12-17 yrs James	4:30-6:00 7-9 yrs Mark	11:45-12:45 Ninja 5-8 yrs James
5:15-6:45 Flip & Tumble/ Ninja 8-12 yrs James	5:45-7:15 Mark Advanced Class Recommendation only	5:30-7:00 Flip & Tumble/ Ninja 8-12 yrs James	5:30-6:30 Ninja 5-8 yrs Chris	5:30-6:30 Ninja 8-12 yrs Chris	
5:45-6:45 5-8 yrs Mark	5:30-7:00 Flip & Tumble/ Ninja 8-12 yrs James	5:30-6:30 5-8 years Miss Mel	5:45-6:45 5-7 yrs Mel	5:30-6:30 5-7 yrs Ashley	
6:00-7:30 8-12 yrs Ashley	6:30-8 9-15 yrs Miss Mel	5:45-7:15 7-9 Mark	6:00-8:00 Competition Class Coach Mark	5:30-7:00 Flip & Tumble/ Ninja 8-12 yrs James	
6:15-7:15 Ninja 5-8 yrs Chris		6:15-7:15 Ninja 5-8 yrs Chris	6:30-7:30 Ninja 8-12yr Chris	6:00-7:30 8-12 yrs Mark	
6:45-7:45 7-11yrs James Tumble Cheer	7-8:00 9-15yrs Tumble Cheer Mark/James	6:30-8 9-15 yrs Miss Mel	6:45-7:45 5-8 yrs Miss Mel	6:30-7:30 5-8 YRS Ashley	
6:45-8:15 9-15 yrs Mark		7:00-8:00 James & Mark Pal Cheer	7-8:00 7-11yrs Tumble Cheer James	7-8:00 9-15 yrs Tumble Cheer James/Mark	



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

TADPOLES (14-36mos) \$235 • LEAP FROGS (3-5 yrs) \$255 • 1-HOUR CLASS \$265 • 1-1/2 HOURCLASS \$299 • 2 hr non compete \$335