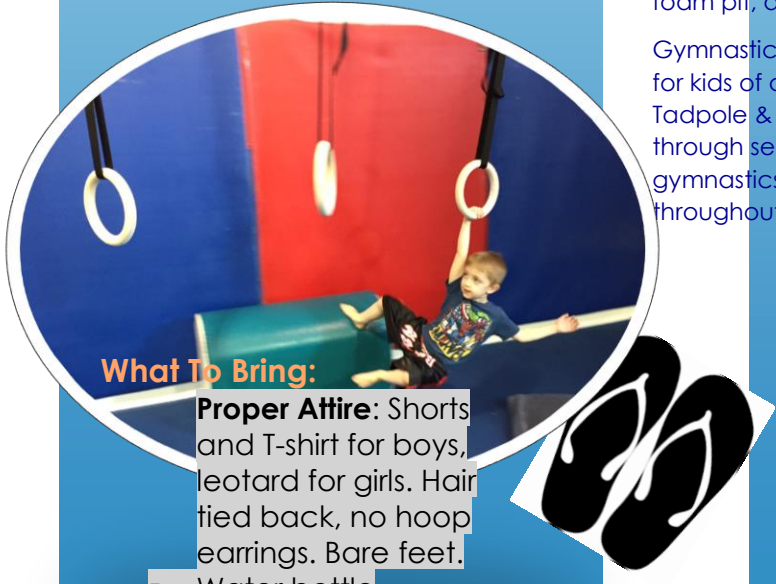


PH 631-288-2845  
FAX 631-288-2834



**What To Bring:**

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

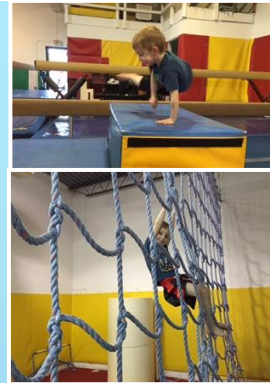


**Gymnastics**

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 4-17. Offered Mon-Sat.

**Flip-Flop Gymnastics**

381-14 Old Riverhead Road  
Westhampton Beach, NY 11978  
(631) 288-2845  
[www.flip-flopgymnastics.com](http://www.flip-flopgymnastics.com)

**Fun safe gymnastics!**



**Session 3**


**2/11/19-5/4/19**

Call 631-288-2845 or register on our parent portal online at [www.flip-flopgymnastics.com](http://www.flip-flopgymnastics.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<br>Tadpoles • 14-36mos<br>Mark          | 10:00-10:45<br>Tadpoles • 14-36mos<br>Mark              | 10:00-10:45<br>Tadpoles • 14-36mos<br>Miss Mel      | 10:30-11:15<br>Tadpoles • 14-36mos<br>Mark      | 10:00-10:45<br>Tadpoles • 14-36mos<br>Mark  | 9:15-10:00<br>Tadpoles • 14-36mos<br>Mark        |
| 10:30-11:20<br>Leapfrogs • 3-5yrs<br>Miss Mel       | 11:00-11:50<br>Leapfrogs 3-5yrs<br>Mark                 | 11:00-11:45<br>Leapfrogs 3-5 yrs<br>Miss Mel        | 11:30-12:20<br>Leapfrogs • 3-5yrs<br>Mark       | 11:00-11:50<br>Leapfrogs • 3-5yrs<br>Mark   | 9:10-10:00<br>Leapfrogs<br>3-5yrs Mel & Ashley   |
| 11:30-12:15<br>Tadpoles • 14-36mos<br>Miss Mel      |   | 12:15-1:15<br>Homeschool Ninja<br>Miss Mel          | 12:30-1:20<br>Leapfrogs • 3-5yrs<br>Mark        |   | 10:00-11:00<br>4-6 yrs<br>Mel                    |
| 11:30-12:20<br>Peewee Ninjas<br>3-5yr Mark          |   | 4:00-5:30<br>8-12 yrs James<br>Flip & Tumble/ Ninja | 3:15-4:05<br>Peewee Ninja<br>Mark/James         |   | 10:00-11:30<br>7-9 yrs<br>Ashley                 |
| 4:15-5:45<br>7-9 yrs<br>Coach Mark                  | 3:30-4:20<br>Leapfrogs 3-5yrs<br>Miss Mel & Mark        | 4:15-5:15<br>Ninja<br>5-8 yrs Gus & Greg            | 3:30-4:20<br>Miss Mel<br>Leapfrogs              |  | 10:00-11:30<br>10-14 yrs<br>Mark                 |
| 4:15-5:15<br>Ninja 5-8 yrs<br>James,Gus,Greg        | 4:15-5:45<br>7-9 yrs<br>Mark                            | 4:15-5:45<br>7-9 yrs<br>Mark                        | 4:15-5:45<br>7-9 yrs<br>Mel                     | 2:00-2:50<br>Peewee Ninjas<br>3-5yr Coach James & Mark                              | 10-11:30 8-12 yr<br>Flip &Tumble/ Ninja<br>James |
| 4:30-5:30<br>4-6 yrs Miss Mel                       | 4:30-5:30<br>Ninja 5-8 yrs<br>James                     | 4:15-5:05<br>Leapfrogs 3-5 yrs<br>Miss Ashley       | 4:15-5:45<br>9-15 yrs<br>Mark                   | 3:15-4:05<br>Peewee Ninjas 3-5yrs<br>James & Mark                                   | 11:15-12:15<br>5-7 yrs<br>Mel                    |
| 4:30-6:00<br>8-12 yrs<br>Ashley                     | 4:30-5:30<br>4-6 yrs<br>Miss Mel                        | 4:30-5:30<br>4-6 yrs<br>Miss Mel                    | 4:30-5:30<br>4-6 yrs Jamie                      | 4:30-5:30<br>Ninja 5-8 yrs<br>James,Chris   | 11:15-12:45<br>7-9<br>Ashley                     |
| 5:15-6:15<br>Ninja 8-12 yrs<br>Gus & Greg           | 4:30-5:20<br>4-6 yrs<br>Miss Jamie                      | 5:15-6:45<br>8-12<br>Ashley                         | 4:30-5:30<br>Ninja 5-8 yrs James,<br>Gus & Greg | 4:30-5:30<br>4-6 yrs<br>Ashley  | 11:15-12:45<br>10-14 yrs<br>Mark                 |
| 5:30-7:00<br>7-9 yrs<br>Miss Mel                    | 5:30-6:30<br>5-7 yrs<br>Miss Mel                        | 5:15-6:15<br>5-8 yr Ninja Gus & Greg                | 5:30-7:00<br>Flip & Tmbl 12-17 yrs<br>James     | 4:30-6:00<br>7-9 yrs<br>Mark  | 11:45-12:45<br>Ninja 5-8 yrs<br>James            |
| 5:15-6:45<br>Flip & Tumble/ Ninja<br>8-12 yrs James | 5:45-7:15<br>Mark Advanced Class<br>Recommendation only | 5:30-7:00<br>Flip & Tumble/ Ninja<br>8-12 yrs James | 5:30-6:30<br>Ninja 5-8 yrs<br>Gus & Greg        | 5:30-6:30<br>Ninja 8-12 yrs<br>Chris  |  |
| 5:45-6:45<br>5-8 yrs<br>Mark                        | 5:30-7:00<br>Flip & Tumble/ Ninja<br>8-12 yrs James     | 5:30-6:30<br>5-8 years<br>Miss Mel                  | 5:45-6:45<br>5-7 yrs<br>Mel                     | 5:30-6:30<br>5-7 yrs<br>Ashley  |  |
| 6:00-7:30<br>8-12 yrs<br>Ashley                     | 6:30-8<br>9-15 yrs<br>Miss Mel                          | 5:45-7:15<br>7-9<br>Mark                            | 6:00-8:00<br>Competition Class<br>Coach Mark    | 5:30-7:00<br>Flip & Tumble/ Ninja<br>8-12 yrs James                                 |  |
| 6:15-7:15<br>Ninja 5-8 yrs Gus & Greg               |   | 6:15-7:15<br>Ninja 5-8 yrs Gus & Greg               | 6:30-7:30<br>Ninja 8-12yr Gus & Greg            | 6:00-7:30<br>8-12 yrs<br>Mark   |  |
| 6:45-7:45 7-11yrs<br>Tumble Cheer<br>James          | 7-8:00 9-15 yrs<br>Tumble Cheer<br>James                | 6:30-8<br>9-15 yrs<br>Miss Mel                      | 6:45-7:45<br>5-8 yrs Miss Mel                   | 6:30-7:30<br>5-8 YRS<br>Ashley  |  |
| 6:45-8:15<br>9-15 yrs Mark                          |   | 7:00-8:00 7-11yrs Tumble<br>Cheer<br>James & Mark   | 7-8:00 7-11yrs<br>Tumble Cheer<br>James         | 7-8:00 9-15 yrs<br>Tumble Cheer<br>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**