

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 5-17. 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 2 (10 weeks)
11/18/19-2/8/2020

Call 631-288-2845 or register on our parent portal online at 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 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 Pee wee Ninjas 3-5yr Mark		4:00-5:30 8-12 yrs James Flip & Tumble/ Ninja			10:00-11:30 7-9 yrs Ashley
4:15-5:15 5-8 yrs Mark	3:30-4:20 Leapfrogs 3-5yrs Miss Mel & Mark	4:30-5:30 5-8 yrs Mark	3:15-4:05 Pee wee Ninja Mark/James		10:00-11:30 10-14 yrs Mark
4:15-5:15 Ninja 5-8 yrs James, Gus	4:15-5:45 7-9 yrs Mark	4:30-5:30 Ninja 5-8 yrs Gus	3:30-4:20 Leapfrogs Miss Mel	2:00-2:50 Pee wee Ninjas 3-5yr James & Mark	10:00-11:00 Ninja 5-8 yrs James & Gus
4:30-5:30 4-6 yrs Miss Mel	4:15-5:15 Ninja 5-8 yrs James	4:15-5:05 Leapfrogs 3-5 yrs Miss Ashley	4:30-5:30 5-7 yrs Miss Mel	3:15-4:05 Pee wee Ninjas 3-5yrs James & Mark	11:15-12:15 5-7 yrs Miss 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	4:15-5:45 7-9 yrs Mark	4:30-5:30 Ninja 5-8 yrs James, Gus	11:15-12:45 7-9 Ashley
5:15-6:15 Ninja 5-8 yrs Gus & Mark	4:30-5:20 5-8 yrs Miss Jamie	5:15-6:45 8-12 Ashley	4:30-5:30 4-6 yrs Jamie	4:30-5:30 3-5 yrs Ashley	11:15-12:45 10-14 yrs Mark
5:15-6:45 Flip & Tumble/ Ninja 8-12 yrs James	5:15-6:15 5-8 yr James	5:30-6:30 5-8 yr Ninja Gus & Mark	4:30-5:30 Ninja 5-8 yrs James, Gus	4:30-6:00 7-9 yrs Mark	11:00-12:30 8-12 yr Flip & Tumble/ Ninja James & Gus
5:30-7 7-9 yrs Miss Mel	5:30-6:30 5-8 yrs Miss Mel	5:30-7:00 Flip & Tumble/ Ninja 8-12 yrs James	5:30-7:00 Flip & Tml 12-17 yrs James	5:30-6:30 Ninja 5-8 yrs Gus	
6:00-7:30 8-12 yrs Ashley	5:45-7:15 Mark Advanced Class Recommendation only	5:30-6:30 5-8 years Miss Mel	5:30-6:30 Ninja 5-8 yrs Gus	5:30-6:30 5-8 yrs Ashley	
6:15-7:15 Ninja 5-8 yrs Gus	6:15-7:45 Flip & Tumble/ Ninja 8-12 yrs James	6:30-7:30 Ninja 8-12 yrs Gus	5:30-6:30 5-8 yrs Miss Mel	5:30-7:00 Flip & Tumble/ Ninja 8-12 yrs James	
6:45-7:45 7-11yrs Tumble CheerJames	6:30-8 9-15 yrs Miss Mel	6:30-7:30 5-8 years Miss Mel	5:45-7:45 Competition Class Coach Mark	6:00-7:30 8-12 yrs Mark	
6:45-8:15 9-15 yrs Mark		6:30-8 9-15 yrs Mark	6:30-7:30 Ninja 8-12yr Gus	6:30-7:30 5-8 yrs Ashley	
		7:00-8:00 7-11yrs Tumble Cheer James	7-8:00 7-11yrs Tumble Cheer James	7-8:00 9-15 yrs Tumble Cheer James/Mark	



Prices are for once per week., 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