

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10-10:45 Tadpoles-Mark	10-10:45 Tadpoles-Mark	10-10:45 Tadpoles-Mark	10-10:45 Tadpoles-Mark	9-9:45 Tadpoles- Elyse	9-9:45 Tadpoles- Mark
	11-11:45 Peewee Ninja Mark	10-10:45 Leapfrog Elyse	11-11:45 Leapfrogs- Mark	10-10:45 Tadpoles -Elyse	9-9:45 Leapfrogs-Julianna
FALL 2023 9/11-11/18 *CLASSES SUBJECT TO CHANGE		11-11:45 Peewee Ninja Mark		11-11:45 Leapfrogs-Elyse	
		11-11:45 Tadpoles-Elyse			
			2:20-3:05 Leapfrogs- Elyse		10-10:45 Tadpoles- Mark
			3:20-4:05 Pee Wee Ninja Mark		10-10:45 Leapfrogs- Julianna
3:20-4:05 Pee Wee Ninja Mark	3:20-4:05 Leapfrogs-Elyse	3:20-4:05 Leapfrogs-Elyse	3:20-4:05 Leapfrogs-Elyse	3:00-3:45 Pee Wee Ninja Mark	10-11:00 5-8 years Rachel
4:15-5:15 Mel 4-6yrs	4:15-5:15 Mel 5-7yrs	4:15-5:15 4-6yrs Julianna	4:15-5:15 Mel 5-7yrs	4:15-5:15 4-6yrs Julianna	11-12:00 4-6 years Julianna
4:15-5:15 Mark 9+ yrs	4:15-5:15 Mark 9+ yrs	4:15-5:15 Mark Ninja 8+yrs	4:15-5:15 Mark Acro 7+	4:15-5:15 Mark Ninja 5-8 yrs	11-12:00 6-8 years Rachel
4:15-5:15 Elyse 6-8yrs	4:15-5:15 Elyse 7-9yrs	4:15-5:15 Elyse 6-8yrs	4:15-5:15 Elyse 7-9yrs		11-12:00 9+ years Mark
	4:15-5:15 Sam Ninja 5-8yrs	4:15-5:15 Sam-Ninja 5-8yrs	4:15-5:15 Sam-Ninja 6-9yrs		
5:25-6:25 Mel 7-9yrs	5:25-6:25 Mel 5-8yrs	5:25-6:25 Julianna 5-7yrs	5:25-6:25 Mel 5-8yrs	5:25-6:25 Julianna Ninja	
5:25-6:25 Mark 9+	5:25-6:25 Mark 8+	5:25-6:25 Mark Back handspring Clinic	5:25-6:25 Mark Back handspring clinic	5:25-6:25 Mark 7+	Book a Saturday Party on the party portal!
5:25-6:25 Elyse Walkover clinic	5:25-6:25 Elyse 7-9yrs	5:25-6:25 Elyse 7-9yrs	5:25-6:25 Elyse 7-9yrs		FALL 10 week session runs from 9/11-11/18 Register on the parent portal www.flip- flogymnastics.com
5:25-6:25 Rachel 5-8yrs	5:25-6:25 Sam Ninja 5-8yrs	5:25-6:25 Sam Ninja 5-8yrs	5:25-6:25 Sam Ninja 5-8yrs		
6:30-7:30 Rachel 5-8yrs	6:30-7:30 Mel 8+	6:30-7:30 Mark- 9+		6:30-7:30 Julianna-Ninja8+	Email for make-ups at info@flip- flogymnastics.com
6:30-7:30 Mel- 8+	6:30-7:30 Elyse 5-7 yrs.	6:30-7:30 Elyse Walkover clinic	6:30-7:30 Mel 9+	6:30-7:30 Mark- Tumble 8+	
6:30-7:30 Mark- acro 8+	6:30-7:30 Mark- Ninja 8+	6:30-7:30 Sam Ninja 8+	6:30-7:30 Mark Tumble 8+		

CLASS DESCRIPTIONS

TADPOLES- (Ages 14-36 months) This is a 45 minute class. Kids start with a quick stretch on the parachute. The parent or caretaker comes into the gym and with the help of instructors you will assist the child through obstacle courses which incorporate all of the major events in gymnastics. We use lots of mats to introduce the basic skills to your toddler while teaching them to follow direction and wait their turn. We come together at the end of class for circle time which includes bubbles, stamps and a coloring picture.

LEAP FROGS & Peewee Ninjas- (Ages 3 -5yrs) These classes are 45 minutes long. Children go into these classes without a parent, you may watch from the lobby. Children in the Leapfrog class learn all of the basics of gymnastics in an obstacle course format. Skills include forward rolls, backward rolls, cartwheels, handstands by walking their feet up the mat on wall, jumps, body positions, balance beam walks, basic vaulting, bars, trampolines and much more! You will see your child develop upper body strength, as well as flexibility, balancing and coordination. Pee Wee Ninjas do a smaller scaled version of the Ninja Challenge class, see description below. Student to teacher ratio 7 to 1

GIRLS -- 1 hour Class -The children program is based on USA Gymnastics' curriculum and focuses on skill levels 1-4. Children advance at different rates and we work to each child's own ability. Kids will get to use 2 events per class and change each week. (Floor, Bars, Beam, Vault, Tumble Trak). Stations are set up around the event they are on and each child is assigned a station so that they are all working on something at all times. They rotate around stations learning skills progressively. Student to teacher ratio 8 to 1, or 9 to 1 for older classes

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 and ladders. The Desired result of this program is to improve children's strength, flexibility, and all around athleticism. Student to teacher ratio 8 to 1

ACRO- Students will work on walkovers, aerials and handsprings with a spotter, often learning skills for outside dance routines. 8 to 1 ratio **TUMBLE CHEER**- Girls come to this class to work on back handsprings, roundoffs and other skills for their cheer teams. 8 to 1 ratio