

June 15–August 20

SUMMER SCHEDULE 2009

Check website for updates

CLASS TITLE	LENGTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	TUITION
PRESCHOOL GYMNASTICS						10 week session
NEW! BABY-N-ME For Babies 6 weeks to 6 months	30 min				2:00pm	\$80.00
FOLKS & FLIPS For parent & toddler 18 months to 3 years	45 min	10:00am	9:45am 7:00pm	7:00pm		\$125.00
MINI FLIPS 1 For 3 & 4 year old beginner girls & boys	45 min	10:45am 6:00pm 6:45pm	11:00am 5:00pm 5:45pm 6:15pm	9:45am 10:15am 11:15am 5:30pm	10:15am 6:00pm	\$137.50
MINI FLIPS 2 For beginning 5 year olds, or mastered skills in Mini 1	45 min	11:30am 5:15pm	10:15am 10:30am 5:30pm 6:30pm	9:30am 10:30am 6:15pm	9:30am 6:45pm	\$137.50
DANCE & FLIP For Preschool Girls and Boys ages 3-5	55 min				11:00am 5:00pm	\$147.50
GIRLS RECREATIONAL GYMNASTICS						
KINDERFLIPS for beginner girls in kindergarten	55 min	10:30am	5:00pm	9:30am	6:00pm	\$147.50
FLIPS 1 for beginning girls 1st grade & up	55 min	5:00pm	6:00pm	9:30am 10:30am 5:00pm	9:30am 7:00pm	\$147.50
FLIPS 2 for girls mastering skills in FLIPS 1	55 min	5:00pm	9:30am 7:00pm	10:30am 5:00pm	6:00pm	\$147.50
FLIPS 10+ beginning/intermediate girls 10 years & up	55 min		5:00pm			\$147.50
FLIPS 3 for girls mastering skills in FLIPS 2 & 10+	1 hr 25 min	6:00pm	6:00pm	6:00pm	10:30am	\$195.00
FLIPS 4 for girls mastering skills in FLIPS 3	1 hr 55 min	6:00pm	6:00pm	6:00pm	10:00am	\$230.00
FLIPS G.Y.M. TEAM Girls ages 10-16 who have mastered skills in Flips 4	1 hr 55 min				6:00pm	\$230.00
HIGH SCHOOL Girls in JV and Varsity High School gymnastics	1 hr 55 min	2:00pm		6:00pm		\$230.00
BOYS RECREATIONAL GYMNASTICS						
TNT 1 Boys Tumbling, Tramp & Strength Boys in kindergarten to age 8	55 min	6:30pm		11:30am	7:00pm	\$147.50
TNT 2 Boys Advanced Tumbling & Tramp Intermediate & advanced; mastered TNT 1	55 min	6:30pm				\$147.50
GIRLS FLIPSHOTS PROGRAM						
FLIPSHOTS 1, by invitation only	55 min	5:00pm	9:30am	7:00pm	11:30am	\$147.50
FLIPSHOTS 2, 2X week recommended	1 hr 25 min	10:00am	5:00pm	11:30am 6:30pm		\$195.00
FLIPSHOTS 3, 2X week required	1 hr 25 min	11:30am	6:30pm	10:00am 5:00pm		\$331.50
FLIPSHOTS 4, 2X week required	1 hr 55 min	6:00pm	10:30am	5:00pm	9:30am	\$391.00

FLIPS GYMNASTICS PROGRAM DESCRIPTIONS

PRESCHOOL PROGRAM: For girls and boys, 6 weeks to 5 years. Dance and Flip incorporates both dance and gymnastics. Students learn beginner skills such as balancing, hanging, jumping and rolling on equipment scaled to their size. Students develop both small and large motor skills, learn to work with other children and to follow teachers directions in a class environment.

RECREATIONAL PROGRAM: KinderFLIPS through FLIPS 4; each level has a planned progression of skills. Students will move to the next level once they have mastered those skills. Students practice vault, bars, beam, floor, and trampoline, along with stretching and conditioning exercises. Flips G.Y.M. TEAM offers the recreational gymnast a chance to compete in a fun and flexible team program. Our HIGH SCHOOL program is for girls on a high school JV or Varsity team.

BOYS TNT: Tumbling, Trampoline and Strength: For boys in kindergarten and older. The focus is on tumbling, trampoline, tumble trak and mini tramp. Students will also focus on flexibility and conditioning that will prepare them for additional athletics and a healthy life.

FLIPSHOTS PROGRAM: Gymnasts must be invited to participate in this facet of our program. Flipshots is a fast track to team and requires a year round commitment. Girls need above average strength, flexibility, listening skills and a strong desire to learn. We follow the USAG Level 1-4 program.