

# FlipTastic! Gymnastics Schedule

**\*\*We are capable of accommodating your schedule needs - contact our fantastic office staff for more information\*\***

## Jungle Gym 10 weeks - 5 years

<b><u>Baby</u></b>		<b><u>Kinder 1 cont.</u></b>	
Tuesday	10:00 - 10:45	Saturday	9:00 - 9:45 10:00 - 10:45 11:00 - 11:45
<b><u>Crawler</u></b>		<b><u>Kinder 2 (4-5 years)</u></b>	
Wednesday	10:00 - 10:45	Monday	12:00 - 12:45 1:00 - 1:45 4:30 - 5:15 6:30 - 7:15
<b><u>Parent Participation</u></b>		Tuesday	9:00 - 9:45 10:00 - 10:45 12:00 - 12:45 6:30 - 7:15
Monday	10:00 - 10:45 11:00 - 11:45	Wednesday	9:00 - 9:45 11:00 - 11:45 12:00 - 12:45 3:30 - 4:15 6:30 - 7:15
Tuesday	10:00 - 10:45 11:00 - 11:45 5:30 - 6:15 6:30 - 7:15	Thursday	10:00 - 10:45 11:00 - 11:45 3:30 - 4:15 4:30 - 5:15 5:30 - 6:15 6:30 - 7:15
Wednesday	11:00 - 11:45 5:30 - 6:15 6:30 - 7:15	Friday	9:00 - 9:45 10:00 - 10:45 11:00 - 11:45 12:00 - 12:45 4:30 - 5:15
Thursday	9:00 - 9:45 10:00 - 10:45 11:00 - 11:45 4:30 - 5:15 5:30 - 6:15	Saturday	9:00 - 9:45 10:00 - 10:45 11:00 - 11:45
Friday	9:00 - 9:45 10:00 - 10:45 11:00 - 11:45	<b><u>Kinder 3 (K2 Graduates)</u></b>	
Saturday	10:00 - 10:45 11:00 - 11:45	Monday	3:30 - 4:15 11:00 - 11:45
<b><u>Kinder 1 (3 years)</u></b>		Tuesday	5:30 - 6:15 10:00 - 10:45
Monday	10:00 - 10:45 11:00 - 11:45 12:00 - 12:45 4:30 - 5:15 5:30 - 6:15	Wednesday	10:00 - 10:45 1:00 - 1:45 4:30 - 5:15 5:30 - 6:15
Tuesday	9:00 - 9:45 11:00 - 11:45 4:30 - 5:15	Thursday	9:00 - 9:45 4:30 - 5:15 5:30 - 6:15
Wednesday	10:00 - 10:45 12:00 - 12:45	Friday	4:30 - 5:15 5:30 - 6:15
Thursday	9:00 - 9:45 2:30 - 3:15 3:30 - 4:15 5:30 - 6:15	Saturday	10:00 - 10:45
Friday	10:00 - 10:45 3:30 - 4:15 6:30 - 7:15		

## School Age Gymnastics 6 years - 18 years

<b><u>Boot Camp</u></b>		<b><u>Level 3</u></b>		<b><u>Boys Intro</u></b>	
Monday	6:30 - 8:00	Monday	5:00 - 6:30 6:30 - 8:00	Monday	3:30 - 5:00
Thursday	5:00 - 6:30	Tuesday	3:30 - 5:00 5:00 - 6:30	Wednesday	6:30 - 8:00
<b><u>Shooting Stars(K3 Graduates)</u></b>		Thursday	2:00 - 3:30 3:30 - 5:00 5:00 - 6:30	Thursday	3:30 - 5:00 6:30 - 8:00
Tuesday	5:00 - 6:30	Friday	5:00 - 6:30	Friday	5:00 - 6:30
<b><u>Intro</u></b>		<b><u>Level 4</u></b>		<b><u>Boys Level 1</u></b>	
Monday	3:30 - 5:00 5:00 - 6:30	Tuesday	3:30 - 5:00 5:00 - 6:30	Monday	5:00 - 6:30
Tuesday	5:00 - 6:30 6:30 - 8:00	Thursday	5:00 - 6:30 6:30 - 8:00	Tuesday	6:30 - 8:00
Wednesday	5:00 - 6:30 6:30 - 8:00	<b><u>Level 5</u></b>		<b><u>Boys Level 2</u></b>	
Thursday	3:30 - 5:00 3:30 - 5:00	Monday	5:00 - 6:30 6:30 - 8:00	Monday	6:30 - 8:00
Friday	3:30 - 5:00	Thursday	6:30 - 8:00	Tuesday	5:00 - 6:30
Saturday	9:30 - 11:00 11:00 - 12:30	<b><u>Level 6</u></b>		Friday	3:30 - 5:00
<b><u>Level 1</u></b>		<b><u>Level 6</u></b>		<b><u>Boys Sports Training</u></b> (Strength & Conditioning)	
Monday	3:30 - 5:00 5:00 - 6:30 6:30 - 8:00	Thursday	3:30 - 5:00	Monday	5:00 - 6:30
Tuesday	5:00 - 6:30 6:30 - 8:00	<b><u>FlipTastic Prodigies</u></b> (by teacher invitation only)		Wednesday	6:30 - 8:00
Wednesday	3:30 - 5:00 5:00 - 6:30	Thursday	2:00 - 3:30	<b><u>FlipTastic Flippers</u></b> (Performance Team)	
Thursday	2:00 - 3:30 3:30 - 5:00 5:00 - 6:30	<b><u>Trampoline</u></b>		Thursday	5:00 - 6:30
Friday	5:00 - 6:30	Monday	4:00 - 5:00	<b><u>Team Gym</u></b>	
Saturday	11:00 - 12:30	Tuesday	7:00 - 8:00	Level 3	Monday 3:30 - 5:00 Wednesday 3:30 - 5:00
<b><u>Level 2</u></b>		Wednesday	4:00 - 5:00 5:00 - 6:00	Level 4	Monday 5:00 - 6:30 Wednesday 5:00 - 6:30
Monday	3:30 - 5:00 5:00 - 6:30	Friday	5:00 - 6:00	Level 5	Monday 6:30 - 8:00 Wednesday 6:30 - 8:30
Tuesday	3:30 - 5:00 6:30 - 8:00	<b><u>Advanced Trampoline</u></b>		Level 6	Tuesday 6:30 - 8:00 Wednesday 6:30 - 8:30
Wednesday	3:30 - 5:00 6:30 - 8:00	Tuesday	4:00 - 5:00		
Thursday	3:30 - 5:00	Friday	3:30 - 5:00		
Friday	3:30 - 5:00				
Saturday	9:30 - 11:00 11:00 - 12:30				

**\*\*Schedule subject to change\*\***

Updated 10/02/09

# FlipTastic! Dance & Cheer Schedule

\*\*We are capable of accommodating your schedule needs - contact our fantastic office staff for more information\*\*

## Dance Room 1

### Ballet/Tap

Monday 8 - 10 years  
3:30 - 4:30

Monday 10 - 13 years  
4:30 - 5:30

### Jazz/Hip-Hop

Tuesday 8 - 10 years  
6:00 - 7:00  
Friday 3:30 - 4:30

Wednesday 10 - 13 years  
7:00 - 8:00  
Friday 6:45 - 7:45

Monday 14+ years  
6:00 - 7:00  
Friday 4:30 - 5:30

### Dance with Me

18 months - 5 years  
(parent participation)

Tuesday 3:30 - 4:15  
4:30 - 5:15  
10:00 - 10:45  
Wednesday 11:00 - 11:45

### Stretch, Flex & Jump

7 years & up

Friday 5:45 - 6:45

### Modern

Monday 10 - 13 years  
7:00 - 8:00

Wednesday 14+ years  
6:00 - 7:00

### Breakdancing

7 years & up

Thursday 3:30 - 4:30

### Dance Fitness

Adults (teens welcome too!)

Tuesday 7:15 - 8:00  
Thursday 7:15 - 8:00  
Saturday 9:00 - 9:45  
10:00 - 10:45  
11:00 - 11:45

## Dance Room 2

### Tiny Dancers

2 ½ (and potty trained) - 3 years

Monday 6:30 - 7:15  
Tuesday 11:00 - 11:40  
5:30 - 6:15

Wednesday 9:00 - 9:45  
6:30 - 7:15

Thursday 9:00 - 9:45  
10:00 - 10:45  
4:30 - 5:15

Friday 5:30 - 6:15  
9:00 - 9:45  
11:00 - 11:45

Saturday 3:30 - 4:15  
10:00 - 10:45

### Little Dancers

6 - 7 years

Monday 5:30 - 6:30  
Tuesday 6:30 - 7:30  
Wednesday 5:30 - 6:30  
Thursday 3:30 - 4:30  
Friday 4:30 - 5:30  
Saturday 11:00 - 11:45

### Petite Dancers

4 - 5 years

Monday 4:30 - 5:15  
Tuesday 9:00 - 9:45  
3:30 - 4:15

Wednesday 10:00 - 10:45  
4:30 - 5:15

Thursday 11:00 - 11:45  
6:30 - 7:15

Friday 10:00 - 10:45  
Saturday 9:00 - 9:45

### Jazz & Jump

4 - 6 years

Monday 3:30 - 4:30  
Friday 5:30 - 6:30

### Jazz/Hip Hop

6-8 years

Tuesday 4:30 - 5:30  
Wednesday 3:30 - 4:30  
Friday 6:30 - 7:30

## Cheer

### Preschool Cheer

4 - 6 years  
Monday 10:00 - 10:45  
Tuesday 3:30 - 4:15  
Wednesday 9:00 - 9:45  
Thursday 11:00 - 11:45  
Friday 9:00 - 9:45

### Beginning Cheer

6-12 years  
Monday 3:30 - 4:30  
Tuesday 5:00 - 6:00  
Friday 5:00 - 6:00  
13 & up  
Wednesday 5:00 - 6:00  
Tuesday 6:15 - 7:15

### Advanced Cheer

6-12 years  
Tuesday 5:00 - 6:30  
Thursday 6:30 - 7:30  
13 & up  
Tuesday 6:30 - 7:30

### Stunts, Motions & Jumps

Thursday 5:00 - 6:00  
Friday 6:30 - 7:30