



# TUMBLING

Tumbling classes are programmed to allow each student to experience the thrill of tumbling from the beginning through advanced levels. We focus on the basic fundamentals leading to the round off, back handspring (flip-flop), back tuck series and multi-skill tumbling passes. Tumbling classes are co-ed and last 45 minutes.

There are four levels in the tumbling program at Flips: Beginner, Novice, Intermediate & Advanced.

BEGINNER

NOVICE

INTERMEDIATE

ADVANCED

## FRIDAY NIGHT FUN

1ST, 2ND AND 3RD FRIDAY EACH MONTH!

AGES 6+: 7 - 8:30PM

MEMBERS: \$6

GUESTS: \$10\*

\* MUST HAVE PARENT PERMISSION CARD ON FILE TO PARTICIPATE

AUGUST 18, 2017 - MAY 24, 2018



TUITION: \$72/MONTH

REGISTRATION FEE (NEW MEMBERS): \$45

REGISTRATION FEE (RETURNING MEMBERS): \$35

## Please contact the front office to reserve your spot!



## RECREATIONAL TUMBLING – FALL 2017

Time	Monday	Tuesday	Wednesday	Thursday
BEGINNER (AGES 5-6) HANDSTANDS, CARTWHEELS, BACK BENDS				
3:45pm			Mattie	
4:45pm				Michelle
BEGINNER (AGES 7 - 9) HANDSTANDS, CARTWHEELS, BACK BENDS				
3:45pm		Mattie		
6:45pm			Savannah	
BEGINNER (AGES 10+) HANDSTANDS, CARTWHEELS, BACK BENDS				
7:15pm	Mattie			
7:45pm		Michelle		
NOVICE (AGES 7+) BACK HANDSPRING				
7pm		Michelle		
INTERMEDIATE (AGES 17+) ROUND OFF + BACK HAND SPRING				
7:30pm			Savannah	
ADVANCED (AGES 7+) BACK HANDSPRING SERIES, BACK TUCKS				
7:45pm	Allec			

### ASK ABOUT OUR ATHLETIC CONDITIONING CLASS!

USE BODY WEIGHT, RESISTANCE, ROPES RINGS AND BARS TO IMPROVE CORE STRENGTH, BALANCE AND COORDINATION. THIS CLASS IS AN EXCELLENT SUPPLEMENT TO TUMBLING!



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