



Flip Force Gymnastics' 2011-2012 Class Schedule

***** PLEASE NOTE: *** WE ARE A YEAR ROUND GYM. THIS MEANS OUR PROGRAMMING RUNS FROM AUGUST THRU JULY – YOUR CHILD IS ENROLLED IN THE PROGRAM UP UNTIL WE RECEIVE A 2 WEEK WITHDRAW/DROP FORM IN THE OFFICE. NO PHONE CALLS OR MESSAGES TO COACHES ACCEPTED!**

Flip Zone Kidz - The Fitness Preschool: 4 day program - Monday through Thursdays from 9:00 a.m. to 12:30 p.m.

PRESCHOOL CLASSES (Held in the Flip Zone)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Tumble 2's	5:40	9:15 a.m.	NO	5:40	9:15
Flipper 3's	5:40, 6:40	10:15, 5:40, 6:40	CLASSES	5:40, 6:40	10:15
Flipper 4's	6:40	10:15, 5:40, 6:40		5:40, 6:40	11:15
GYMNASTIC'S RECREATIONAL CLASSES (Main Gym – 55 minute classes)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
KinderGym (50 Minute Class)	5:30			6:30	
Girls' Level A 5/6	6:30	3:30, 4:30, 5:30, 6:30	3:30, 4:30	4:30, 5:30, 6:30	
Girls' Level A	4:30, 5:30, 6:30	4:30, 5:30, 6:30	4:30, 5:30, 6:30	4:30, 5:30, 6:30	10:00
Girls' Level B	4:30, 5:30, 6:30	4:30, 5:30, 6:30	4:30, 5:30, 6:30	4:30, 5:30, 6:30	10:00
Girls' Level C		6:30		6:30	

GYMNASTIC'S RECREATIONAL CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Boys' Level A 5/6	3:30	5:30	6:30	3:30	
Boys' Level A	5:30, 6:30		4:30	5:30	
Boys' Level B	5:30, 6:30	4:30	5:30	4:30	
Homeschool "Gym" Class		11:00			
TUMBLING & TRAMPOLINE CLASSES (Held in the Main Gym)					
TUMBLING & TRAMPOLINE CLASSES (Held in the Main Gym)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Tumbling & Trampoline A 5/6		5:30		4:30	10:00
Tumbling & Trampoline A/B	3:30	3:30	4:30, 5:30		11:00
Tumbling & Trampoline A	4:30, 5:30, 6:30	4:30, 5:30		5:30, 6:30	
Tumbling & Trampoline B	4:30, 5:30, 6:30	4:30, 5:30, 6:30		5:30, 6:30	
Tumbling & Trampoline C	7:30	6:30	5:30, 6:30	6:30	
Tumbling & Trampoline D	7:30		5:30, 6:30	6:30	
Tumbling & Trampoline C/DX 1 ½ Hour Class		7:30-9:00	7:30-9:00	7:30-9:00	
Standing Tumbling for the Cheerleader – A/B					10:00 (A), 11:00 (B)
High School Tumbling		6:30 (A/B)	6:30 (C/D)		1:00 (Clinic)
Teenagers Tumbling Class (Ages 13-18 ONLY)					11:00 (A/B) 12:00 (C/D)
Adult Class	8:30				

