



27825 Irma Lee Circle
 Lake Forest
 847-367-6555
www.flipsgymonline.com
Closed: March 27-April 2
 May 29
Fee: \$175 R/ \$185 NR

PARENT TOT CLASSES: 18 months-3 years

The program is designed to improve gross motor skills, as well as encourage group participation. Each lesson begins with an obstacle course full of age appropriate challenges. We then practice our stretches in a fun way! This is all followed by trampoline, "Just For Kids" equipment, balance beam, and pit play. Parent participation is required. **Class length:** 50 minutes

Jan 16-Mar 25

6367	Mon	9:00 am
6368	Mon	10:00 am
6369	Tue	9:00 am
6370	Thu	11:00 am
6371	Fri	10:00 am
6372	Fri	11:00 am
6373	Sat	8:15 am
6374	Sat	11:15 am

Apr 3-Jun 10

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PRESCHOOL: 3-4 years

This program introduces the very beginning skills of gymnastics. Jumps, fun stretches, balance beam, "Just For Kids" equipment, donkey kicks, rolls and swings all a part of our preschool lesson plan. Preschoolers will improve their strength and coordination as they prepare for our beginner classes. Our structured classes are jam packed with fun gymnastics activities without parent. **Class length:** 50 minutes

Jan 16-Mar 25

6375	Mon	9:00 am
6376	Mon	3:30 pm
6377	Tue	9:00 am
6378	Tue	1:00 pm
6379	Thu	11:00 am
6380	Fri	11:00 am
6381	Fri	1:00 pm
6382	Sat	8:15 am
6383	Sat	11:15 am

Apr 3-Jun 10

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KINDER GYM: 4.5-6 years

This class is structured for our students who are developmentally beyond our preschool program, but not quite ready for our Level 1 classes. We will teach basic gymnastics with age appropriate lessons. This is a great energy release for Kindergarten students! **Class length:** 55 minutes.

Jan 16-Mar 25

6363	Mon	10:00 am
6365	Fri	10:00 am
6366	Sat	8:15 am

Apr 3-Jun 10

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KINDER GYM: GIRLS 4.5-6 years

6364	Wed	1:00 pm	6396
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GIRLS AND BOYS GYMNASTICS: 5+ yrs

Our specialized lesson plans allow gymnasts to learn basic skills on all apparatus, as well as trampoline and tumble trak. Each week includes a floor exercise rotation allowing a lot of practice on cartwheels, handstands and rolls. Please dress girls in a leotard or biketard (hair tied back) and boys in athletic shorts & t-shirt.

Class length: 55 min

Jan 16-Mar 25

Girls Gymnastics:

6357	Mon	3:30 pm	6387
6358	Wed	4:00 pm	6388
6359	Fri	4:30 pm	6389
6360	Sat	8:15 am	6390
6361	Sat	11:15 am	6391

Boys Gymnastics:

6354	Wed	4:00 pm	6384
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Apr 3-Jun 10

TUMBLING-GIRLS 7-12 yrs

This class is strictly designed to help girls improve on their tumbling skills. This is open to all levels of girls. Coaches will guide each girl toward her goal using our floor, trampoline, tumble trak, wedge mats & barrels.

Jan 16-Mar 25

6362	Tue	6:00 pm
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Apr 3-Jun 10

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CO-ED TUMBLING 12+ yrs

This class is designed for Jr. High and High School boys and girls who would like to learn some new skills or refresh their old ones. This class is great for poms, cheer, or just for the fun of learning jumps and tumbling.

6356	Thu	6:00 pm	6386
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BOYS TUMBLE/TRAMPOLINE 6+ yrs

This class is designed specifically for boys who would like to learn tumbling skills. Boys will rotate to floor, trampoline, and tumble trak. They will be using wedge mats and barrels to learn advanced tumbling skills. Boys should dress in t-shirts & shorts or athletic pants.

6355	Wed	5:00 pm	6385
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