



Mission Statement

Flip For Me Gymnastics offer formal training in the Olympic sport of artistic gymnastics. Through gymnastics we promote the cultural and competitive benefits of physical and mental exercise. Gymnastics is fun and exiting but also helps individuals overcome their fears, improve their self image and confidence, and learn fantastic new skills by following a disciplined approach to tackling goals. Our approach to the development of our athletes is a personal one. We draw on each individual's personality to find a balance between strength, anaerobic endurance and flexibility, while enhancing their proprioception, air sense and concentration. We accommodate all levels of interested people either recreational or high level.

Required attire

Girls - leotard, fitted shorts, hair pulled off face, long hair in pony tail.

Boys - shorts and t-shirt.

Parent and Tot

35 minutes class for children 2 years old or younger requires parent participation (parent, grandparent, caregiver, etc.) Class is designed to introduce you and your child to the fun of gymnastics and fitness. Our instructors guide classes through warm-ups and stretching, activities on mats, balance beams, mini bars, mini trampolines and TumbleTrack. Participation builds strength, balance, coordination and locomotor skills.

Tumble buddy 2's

This 45-minute class is designed for children 2-3 years old and requires active buddy (parent, grandparent, caregiver, etc.) As an introductory class in movement education, children are encouraged to use their imaginations as they explore obstacle courses, the TumbleTrak, Bars, Beam and lots more! Children will begin to develop physical strength and coordination, as well as balance and agility at an early age. But the greatest aspect of this class is the interaction between buddies and their children...

3-All-Me

For 3-4 years old who are ready to explore the world of beginning gymnastics, on their own! 50 minutes class, age appropriate activities teach gymnastics and movement skills while building strength and coordination. This is an important time for a 3 year old. It is a transitional period from parent led activities to independent and instructor led classes. If needed, parents may enter gym area to sit and assist their child in getting acclimated to classes.

Fantastic 4's

This 60 minute class is created for children 4-5 years old and is a foundational class leading into our "Recreational Gymnastics Program". Continued exposure to our program encourages lifetime fitness at a young age in addition to an increase in progressively more difficult gymnastics skills introduced on Vault, Bars, Beam, and Floor.

Rubies (girls only)

Once or twice per week (60 min class, 6 years and older) introductory class exposes students to foundational gymnastics skills, body form & positions, strength and flexibility. Students progress at their own pace on all four Olympic apparatus (Vault, Bars, Beam and Floor) and well as TumbleTrack. Major skills required for promotion to the next level include (but are not limited to):

- Vault: Run-Hurdle-Straight Jump_Stick
- Bars: Back Pullover (utilizing a mat), Cast-Back-Hip Circle
- Beam: Candlestick, Stretch Jumps, Stretch Jump Dismount
- Floor: Backward Roll, Cartwheel, Bridge

Diamonds (girls only) by coach recommendation

Twice per week (90 min class, 6 years and older) is designed to slightly increase the training intensity placed on students while allowing them to continue to progress at their own pace. New skills are introduced and skills previously mastered in Rubies are polished. Major skills required for promotion to the next level include (but are not limited to):

- Vault: Vault: Handstand on Springboard-Tree Fall to 16' Mat
- Bars: Chin-Up Pullover, Cast back hip circle, Straddle on sole circle dismount
- Beam: Forward Roll, Tuck jump, Tuck Jump Dismount
- Floor: Straddle forward Roll, Hand stand, Cartwheel, Backward roll to pike, Split Jump,

Emeralds (girls only) by coach recommendation

Twice per week (2 hours class, 6 years and older) work on level 3 competitive routines. The girls in this program work hard to learn the proper way to do skills. Strength and flexibility become even more important as the gymnasts work to perfect skills they compete in the future.

Stars (girls only) by coach recommendation

Participants 5-7 years old are introduced to more advanced skills in floor exercise, bars, balance beam and vault. More dance skills are also introduced. Specific skills include but are not limited to handstands, cartwheels, round-offs, bridge kickovers, split jumps on beam, proper arm circles and board approaches to the vault and pullovers and back hip circles on the bars.

Level 3 (girls only)

3 classes per week (2 hours class, 6 years and older) is geared towards introducing students to the skills necessary for our Compulsory Level 4 Team Program without the stress and anxiety of competition. Major skills required for promotion to the next level or for invitation to local meets (invitational) include (but are not limited to):

- Vault: Handstand forward roll onto mat stack
- Bars: Chin-Up Pullover, Cast-Back hip circle, Forward Stride circle, cast pike sole circle
- Beam: Handstand, Split Jump, Side Hand stand dismount
- Floor: Handstand forward roll, Round off, Backward Pike Roll, Backbend-Kickover, Split Leap,

Level 4 (girls only)

3 times per week of 3 hours each. Practice follows guideline as per [Junior Olympic Program Overview](#) to prepare required skills in order to compete with compulsory exercises of level 4.

Level 5 (girls only)

4 times per week of 3 hours each. Practice follows guideline as per [Junior Olympic Program Overview](#) to prepare required skills in order to compete with compulsory exercises of level 5.

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Invited participants:

Those who have never been involved in the USA Gymnastics Jr. Olympic Program and are involved with programs/ organizations that have not traditionally used the USA Gymnastics Jr. Olympic Program. Those who have competed in the USA Gymnastics Jr. Olympic Program at the Compulsory Levels (4 or 5 or 6) and would like to experience a basic optional program more rapidly than staying at the above mentioned levels for several years.

Athletes who have "retired" from the Jr. Olympic Program and would like to return with an easier, more flexible skill level on each event and less time commitment.

Tumbling

Once or twice per week (60 min class, Age 6 & up) introductory tumbling exposes students to foundational tumbling skills. Students progress at their own pace and work on the Floor and TumbleTrack.

- Cartwheel (Straight Legs/Arms) with Controlled Finish
- One-Armed Cartwheel
- Handstand
- Round-Off w/Proper Technique & Controlled Bound-Up
- Backbend Kickover (Straight Legs)
- Standing Back Handspring (on TumbleTrack with NO Spot)
- Round-Off Back Handspring (on Floor with NO Spot)
- Round-Off Double Back Handspring

Intermediate Tumbling (Cheer Tumbling)

Once or Twice per week (60 min class, Age 6 & up) is designed to slightly increase the training intensity placed on students while allowing them to continue to progress at their own pace. New skills are introduced and skills previously mastered in Beginning Tumbling are reinforced. Major skills required for promotion to the next level include (but are not limited to):

- Handstand Snap-Down
- Standing Back Handspring (on Floor with NO Spot)
- Round-Off Back Handspring (on TumbleTrack with NO Spot)
- Standing Back Tuck (on TumbleTrack with Spot)

Boys Recreational Gymnastics

Boys Rec 1: 60 minutes class, age 5 – 6 years (once or twice a week). Students will learn new ways to roll, improve their cartwheels and strengthen their muscles using stations and drills designed for their ages and abilities. We include a variety of challenges (i.e. eye/hand and eye/foot coordination, balance, etc.) that will enhance any sport a child may play, not just gymnastics

Boys Rec 2: 60 minutes class, age 7 and up (once or twice a week). Class is designed to improve their flexibility and strengthen their muscles. Each class starts with warm-up, consisting of activities to warm-up the body and raise heartbeat, along with some basic stretching exercise. After that, the boys will move on to the men's equipment.

Adult Tumbling

60 minutes class, age 18 & up (once or twice a week). Students learn to tumble and hold static balances. Learning how to tumble, flip, and come as close to self powered flight as is possible is a blast. Adults will start out with basic skills, and must be patient in learning new skills. It is possible to learn something new every single class or workout that is attended. New enrollments for this type of class get one free class only.

Flip Flop Class

Class is once a month, please see web page "Upcoming events". Everyone wants to do a back handspring! (Age 6 & up). This introductory class begins with basic drills and techniques to acquire a back handspring and round-off back handspring. Students must be able to demonstrate a kick up to handstand with acceptable form and hold a backbend for 5 seconds.

***** See next page for free & missed class policy**

Free Class policy

We offer at this moment one free class on new enrollments for classes: Tumble buddies 2's, 3-All-Me, Fantastic 4's, Rubies, Boys Rec, Cheer Rec and any Tumbling class except Adult Tumbling.

- There is no free class for any other type of class or program.
- To attend a free class: call or email to schedule for it; no fee required, parent needs to sign registration\waiver form @ www.Flip4m.com
- Attending 2nd class requires tuition paid in full, invoice will show credit for free class.
- Parents are allowed to stay inside the gym during the 1st class only; we have 4 monitors with a CCTV in the Viewing Room. Periodically we'll invite parents in the gym during the class.
- By schedule, we allow adults and kids to watch one class inside the gym for new enrollments purpose on all other classes.

Missed Class policy

- In order to keep the quality of our programs high and the tuitions affordable, we do not allow refunds or credits for missed classes, for any reason. Missed classes may be "made-up" by scheduling a "Make-up". All make-ups must be phoned or e-mailed in to the office before the start of the class. There's no "Make-up" to another missed "Make-up".
- Missing a class does not lower the cost of running our programs; therefore, make-ups may not be used in place of tuition. Make ups are not transferable to another student and must be made in the month that the class was missed. "Flip For Me Gymnastics" reserves the right to limit class size and combine or close smaller classes. "Flip For Me Gymnastics" runs per month and/or per 8 week session year round. New students are welcome at any time.