



# Keep Flippin'<sup>TM</sup>

## GYMNASTICS

### FALL SCHEDULE

September 5, 2023 - May 25, 2024

(561) 745-2511

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00						Tumble Tots Red Boys Red	
10:00				Tumble With Me		Tumble Tots Red White White 2/ Blue Boys Red	
11:00						Open Gym	
12:00							
3:00							
4:00	Tumble Tots Red White Boys Red	Tumble Tots Red Boys Red	Tumble Tots Red Boys Red	Tumble Tots Red White	Red White Blue BoysRed/White		
5:00	Tumble Tots Red White Gold	Red White 1.5 hr Boys Red Team	Tumble Tots Red Red (8-12) White2/Blue	Tumble Tots Red White 1.5 hr Team	Team		
6:00	Middle School	Team	Open Gym	Red White Team			
7:00		Team	High School/ Adult Tumbling	Team			

Tumble with Me classes are for gymnast ages 2 1/2 yrs to 3 1/2 yrs old (with guardian assistance)

Tumble Tots classes are geared for gymnasts 3 1/2 yrs to 5yrs old

The USA Flippin' Program is geared toward the ages of 5 to 12 yrs old

All gymnasts will be evaluated before signing up for a class.

\* Red is our beginning gymnastics level

\* White is our intermediate level

\* White 1.5 is our intermediate level that meets for 1 1/2 hours

\* Blue is our advanced level

\* Gold is invitation only & must take 2 classes (both gold, or 1 gold & 1 white)