

# FLIPSTAR GYMNASTICS RECREATION CLASSES 2015

## Summer Classes & Summer Day Camps

**Enroll In Any Class By June 1st for a FREE T-SHIRT!**

**CLASSES**

### Summer Gymnastics Classes: July 13 - Aug 21 (6 weeks)

6-Week Class Term, 55min classes \$80 per child. *New members require a \$10 summer-only Membership Fee.*

Choose one section that works with your family schedule, and always bring your child to that section of class!

<b>Mommy &amp; Me, Ages 18mos to 3-1/2</b> Wednesdays 6pm-6:55pm	<b>Tumble Weeds, Ages 5 &amp; 6</b> Tuesdays 6pm-6:55pm Wednesdays 5pm-5:55pm	<b>Tumble Weeds Ages 10 &amp; Up</b> Wednesdays 4pm-4:55pm
<b>Tumble Tots, Ages 3-1/2 to 5</b> Tuesdays 5pm-5:55pm Wednesdays 4pm-4:55pm	<b>Tumble Weeds, Ages 7 to 9</b> Tuesdays 4pm-4:55pm Tuesdays 7:30pm-8:25pm Wednesdays 5pm-5:55pm	<b>Tumbling Only</b> Wednesdays 7:30pm-8:25pm

**CAMPS**

**JOIN US!**  
 ~ Ages 5 to 18 Welcome!  
 ~ No Experience Necessary!  
 ~ No Membership Fee for Camps!  
 ~ Bring Your Friends & Relatives!  
 ~ Productive Summertime Fun!

### Summer Gymnastics Day Camps

Camps are a great way to target growth in a specific area of the sport. Kids will be grouped by age and ability. All camps include the skills listed plus a daily snack, crafts and games.

<b>BARS &amp; BEAM CAMP</b> Mon/Wed/Fri @ 9:00am - 11:30am Ages 5 & Up - total 7.5 hours - Price: \$60	<b>JUNE 22/24/26</b> <i>Gymnasts will be instructed on uneven bars and balance beam skills. Drills will include strength, balance, flexibility and conditioning. Crafts, games, friendship and fun also included!</i>	<b>ENROLL BY JUNE 15th</b>
<b>TUMBLING CAMP</b> Mon/Tues/Wed @ 11:00am - 1:00pm Ages 5 & Up - total 6 hours - Price: \$50	<b>JUNE 29/30/JULY 1</b> <i>Tumblers will be grouped by age and ability, and instructed on and drills for safe tumbling. Perfect camp for cheerleaders who want to grow their skills. Crafts, games, friendship and fun also included!</i>	<b>ENROLL BY JUNE 22nd</b>
<b>GYMNASTICS DAYCAMP</b> Mon/Wed/Fri @ 9:00am - 12noon Ages 5 & Up - total 9 hours - Price: \$75	<b>AUGUST 24/26/28</b> <i>Gymnasts will be instructed on vault, bars, beam and floor skills. Drills will include strength, balance, flexibility and conditioning. Crafts, games, friendship and fun also included! Bring your friends for this fun week of gymnastics!</i>	<b>ENROLL BY AUGUST 17th</b>

**KIDS WALK IN THE JULY 4TH PARADE!** 

To participate you must:

1. Enroll in a class or camp to get your free t-shirt
2. Reserve your parade spot by June 30
3. Wear your free t-shirt (or Flipstar leotard) in the parade!

  
 Flipstar gymnastics  
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