



WINTER CLASS SCHEDULE- January 4- May 28, 2016 (PAY MONTHLY)

<u>CLASS TYPE</u>	<u>MONDAY</u> <small>(NO CLASS LABOR DAY)</small>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u> <small>(NO CLASS THANKSGIVING)</small>	<u>SATURDAY</u>
<u>PARENT TOT</u>	6:45-7:30 RH		6:45-7:30 RM	5:45-6:30 KG	9:45-10:30am EF
<u>TEDDY BEARS</u>	5:00-5:45 RH 6:30-7:15 RM	6:15-7:00 RH 6:30-7:15 TS 7:00-7:45 RH	5:00-5:45 RM 5:45-6:30 RM	5:45-6:30 JC 6:30-7:15 CT	9:00-9:45am EF
<u>CARTWHEELERS</u>	5:45-6:40 RH	5:15-6:10 RH	6:15-7:10 CT		9:00-9:55 am SE
<u>ADVANCED CARTWHEELERS</u>			5:00-6:25 JC		
<u>GIRLS LEVEL 1</u>	5:00-5:55 SE 5:30-6:25 NF 7:30-8:25 RM	5:30-6:25 SE 6:30-7:25 SE	5:15-6:00 CT 6:30-7:25 JC 7:30-8:25 RM	5:30-6:25 CT 6:30-7:25 JC 7:30-8:25 JC	10:30-11:25am EF
<u>GIRLS LEVEL 2</u>	5:00-6:25 RM 6:00-7:25 SE 6:30-7:55 NF	5:00-6:25 JC 6:30-7:55 JC		5:30-7:00 EF 7:00-8:25 EF	10:00-11:25am SE
<u>CHEER</u>			<u>CHEER</u> 7:15-8:10 CT		
<u>TUMBLING</u>			<u>TUMBLING</u> 7:30-8:25 TC		
<u>BOYS PRESCHOOL</u>		5:30-6:25 HM (new class)			
<u>BOYS CLASS</u>		6:30-7:25 HM	6:30-7:25 TC		
<u>LEVEL 2/3 TEAM</u>	ASK About GIRLS TEAM info. by calling 573-474-6300		Blue requires tryouts -this class is by invitation only	New teacher Monday 5:30 Level 1 6:30 Level 2	Tuition is due before the first class of each MONTH.

\$35 Registration Fee due at time of registering
(prorated depending on registration date)

CLASSES START:
MONDAY JANUARY 4, 2016
All times are p.m. unless otherwise indicated.

CT - Caitlyn Tatarek
EF - Elizabeth Cook
HM - Hunter Montague
JC - Jessica Clark
KG - Kelly Gorniac
NF - Nicole Ferrier
RM - Rachel Manns
SE - Sarah Ellebracht
TS - Tracy Shepard
TC - Trent Crawford
RH - Ryann Haynes

FUN NIGHTS
\$17
6-10 p.m.

MOST FRIDAYS
www.FlipzUSAcolumbia.com

Pre-registration requested for dates
PRESCHOOL FUN DAYS
\$6.50/child
10:00am - 12:00pm.
Fridays
www.FlipzUSAcolumbia.com
for dates

BIRTHDAY PARTIES
\$108/10 kids
\$5.50 each

Additional child
Call for availability.

FLIPZ does offer a
*second child discount (10% off second child)
*second class discount (10% off second class)



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PRESCHOOL CLASSES:

(AGES 18 MONTHS TO 6 YEARS)

PARENT TOT - (Ages 18 months to 3.5 years) Parents get the chance to participate with their child in the class which makes it more comfortable for the child. Focus is mostly on body awareness, balance, and basic gymnastics.

CLASS IS 45 MINUTE LONG -

\$45 + \$3.59tax= \$48.59

TEDDY BEARS - (Ages 3.5 to 6 years)

Boys and girls developing strength, agility, and good listening skills developmental skills. This class concentrates on beginning level skills on all equipment including the foam pit and trampoline.

CLASS IS 45 MINUTES LONG -

\$45 + \$3.59tax= \$48.59

CARTWHEELERS - (Ages 4 to 6 years)

Must have approval by an instructor. This class is for students that have mastered a cartwheel and other basic skills that have prepared them for more challenging skills. Progressions get more challenging as skill level increases.

CLASS IS 55 MINUTES LONG -

\$50 + \$3.99 tax = \$53.99

ADVANCED CARTWHEELERS 1 - Must have approval by an instructor. This class is for students that have mastered intermediate tumbling skills and other intermediate skills on the equipment.

CLASS IS 85 MINUTES LONG -

\$70 + \$5.90 tax = \$75.58

Wireless internet available while your children are in class. Be sure to check out times and dates for Fun Days, Fun Nights,

BOYS ONLY CLASSES:

PRESCHOOL BOYS - This class is geared for boys 4-6 years old. Boys will learn basic tumbling skills and basic skills on the boys equipment. Some conditioning and strength is included in this class

CLASS IS 55 MINUTES LONG

\$50 + \$3.99 tax = \$53.99

BOYS CLASS- (AGES 6+ YEARS OLD)

Boys will learn basic tumbling skills and basic skills on the boys equipment then will build on those skills and learn more advanced skills on all the equipment Boys need to have a good attention span and discipline in order to excel in this level.

CLASS IS 55 MINUTES LONG

\$50 + \$3.99 tax = \$53.99

TUMBLING/CHEER CLASSES:

TUMBLING - (Ages 10 and over)

This class is open to girls and boys. In this class each child will be working on tumbling skills at their own level. This is a perfect class for girls that want to be cheerleaders or boys that want to learn how to flip.

CLASS IS 55 MINUTES LONG

\$50 + \$3.99 tax = \$53.99

CHEER CLASS - (Ages 6 and

older) These girls and boys will learn basic cheer jumps, chants, and lifts. Beginning through intermediate tumbling will be taught.

CLASS IS 55 MINUTES LONG

\$50 + \$3.99 tax = \$53.99

GIRLS ONLY CLASSES:

(AGES 6 YEARS AND OLDER)

LEVEL 1 - This class is the beginner level of girls elementary age gymnastics. Girls will learn basic tumbling and dance skills on the floor as well as basic skills on the girls' equipment and trampolines. Some flexibility and conditioning is introduced at this level.

CLASS IS 55 MINUTES

\$50 + \$3.99 tax = \$53.99

LEVEL 2 - Must have prior approval by an instructor. More advanced skills are learned on all the girls equipment and trampolines. This level is more intense and requires more discipline. Conditioning and flexibility is emphasized at this level.

CLASS IS 85 MINUTES LONG -

\$70 + \$5.90 tax = \$75.58

LEVEL 2 COMPETITION - Must have prior approval by an instructor. This is our first level of competition. These girls will be competing in the Heart of Missouri gymnastics league. This level is more intense and requires more discipline. Conditioning and flexibility is important at this level.

UPPER LEVEL COMPETITIVE TEAM-(GIRLS)
MUST TRYOUT BEFORE JOINING

Gymnast Level 3 and above compete in USA Gymnastics. LEVELS AND XCEL TEAM teams

As of February 10th, 2014....the state of Missouri has added a tax of 7.975% on all activities. This includes gymnastics lessons and all our activities.

