



27825 Irma Lee Circle  
Lake Forest, IL 60045

(847) 367-6555  
www.flipsgymonline.com

### GYM STARS (3 Years)

### GYM WHIZZERS (4 Years)

Young gymnasts will feel excited and proud to advance to this next step in learning proper form and execution of gymnastics skills. In this class, children will rotate through different obstacle courses each week, learning new progressions taught on the "Just for Kids" gymnastics equipment, low balance beams, trampolines and foam pit. They will master old tricks, and learn new ones, as we prepare them for our Girls and Boys Level classes. Children attend this class independently, as parent or caregiver watch from our viewing room.



R/NR \$180/225

No class 9/4, 10/31, 11/23, 11/24, 12/25-01/01.

### TUMBLE TOT WITH PARENT (Walking: 1-2 Years)



### TUMBLE TYKE WITH PARENT (2-3 Years)

Children can benefit from gymnastics at a very young age, as they are developing large motor skills. This semi-structured class includes an interactive warm up, and use of the "Just for Kids" gymnastics equipment, low balance beams, trampolines, and foam pit. We offer a variety of themes throughout the session to make each week unique. This class is taught in obstacle format (no sitting and waiting for turns). Children will practice the correct way to roll, jump, balance and swing.

TOT	DATES	DAY	TIME
<a href="#">220301-1</a>	8/28 - 11/5	M	9:15-10:00a
<a href="#">220301-2</a>	8/28 - 11/5	Tu	9:15-10:00a
<a href="#">220301-3</a>	8/28 - 11/5	Th	9:15-10:00a
<a href="#">220301-4</a>	8/28 - 11/5	F	9:15-10:00a
<a href="#">220301-5</a>	8/28 - 11/5	Sa	8:00-8:45a
<a href="#">220301-6</a>	8/28 - 11/5	Sa	8:50-9:35a
<a href="#">220301-A</a>	11/6 - 1/21	M	9:15-10:00a
<a href="#">220301-B</a>	11/6 - 1/21	Tu	9:15-10:00a
<a href="#">220301-C</a>	11/6 - 1/21	Th	9:15-10:00a
<a href="#">220301-D</a>	11/6 - 1/21	F	9:15-10:00a
<a href="#">220301-E</a>	11/6 - 1/21	Sa	8:00-8:45a
<a href="#">220301-F</a>	11/6 - 1/21	Sa	8:50-9:35a

TYKE	DATES	DAY	TIME
<a href="#">220302-1</a>	8/28 - 11/5	M	10:10-10:55a
<a href="#">220302-2</a>	8/28 - 11/5	Tu	9:15-10:00a
<a href="#">220302-3</a>	8/28 - 11/5	Th	10:10-10:55a
<a href="#">220302-4</a>	8/28 - 11/5	F	9:15-10:00a
<a href="#">220302-5</a>	8/28 - 11/5	Sa	8:00-8:45a
<a href="#">220302-6</a>	8/28 - 11/5	Sa	8:50-9:35a
<a href="#">220302-A</a>	11/6 - 1/21	M	10:10-10:55a
<a href="#">220302-B</a>	11/6 - 1/21	Tu	9:15-10:00a
<a href="#">220302-C</a>	11/6 - 1/21	Th	10:10-10:55a
<a href="#">220302-D</a>	11/6 - 1/21	F	9:15-10:00a
<a href="#">220302-E</a>	11/6 - 1/21	Sa	8:00-8:45a
<a href="#">220302-F</a>	11/6 - 1/21	Sa	8:50-9:35a

STARS	DATES	DAY	TIME
<a href="#">220305-1</a>	8/28 - 11/5	M	9:15-10:00a
<a href="#">220305-2</a>	8/28 - 11/5	M	12:30-1:20p
<a href="#">220305-3</a>	8/28 - 11/5	M	3:30-4:15p
<a href="#">220305-4</a>	8/28 - 11/5	Tu	10:10-10:55a
<a href="#">220305-5</a>	8/28 - 11/5	Tu	12:30-1:15p
<a href="#">220305-6</a>	8/28 - 11/5	W	11:00-11:45a
<a href="#">220305-7</a>	8/28 - 11/5	Th	10:10-10:55a
<a href="#">220305-8</a>	8/28 - 11/5	F	9:15-10:00a
<a href="#">220305-9</a>	8/28 - 11/5	Sa	8:00-8:45a
<a href="#">220305-10</a>	8/28 - 11/5	Sa	8:50-9:35a
<a href="#">220305-A</a>	11/6 - 1/21	M	9:15-10:00a
<a href="#">220305-B</a>	11/6 - 1/21	M	12:30-1:20p
<a href="#">220305-C</a>	11/6 - 1/21	M	3:30-4:15p
<a href="#">220305-D</a>	11/6 - 1/21	Tu	10:10-10:55a
<a href="#">220305-E</a>	11/6 - 1/21	Tu	12:30-1:15p
<a href="#">220305-F</a>	11/6 - 1/21	W	11:00-11:45a
<a href="#">220305-G</a>	11/6 - 1/21	Th	10:10-10:55a
<a href="#">220305-H</a>	11/6 - 1/21	F	9:15-10:00a
<a href="#">220305-I</a>	11/6 - 1/21	Sa	8:00-8:45a
<a href="#">220305-J</a>	11/6 - 1/21	Sa	8:50-9:35a

WHIZZERS	DATES	DAY	TIME
<a href="#">220306-1</a>	8/28 - 11/5	M	10:10-10:55a
<a href="#">220306-2</a>	8/28 - 11/5	M	12:30-1:20p
<a href="#">220306-3</a>	8/28 - 11/5	M	3:30-4:15p
<a href="#">220306-4</a>	8/28 - 11/5	Tu	10:10-10:55a
<a href="#">220306-5</a>	8/28 - 11/5	Tu	12:30-1:15p
<a href="#">220306-6</a>	8/28 - 11/5	W	11:00-11:45a
<a href="#">220306-7</a>	8/28 - 11/5	Th	9:15-10:00a
<a href="#">220306-8</a>	8/28 - 11/5	F	10:10-10:55a
<a href="#">220306-9</a>	8/28 - 11/5	Sa	8:00-8:45a
<a href="#">220306-10</a>	8/28 - 11/5	Sa	8:50-9:35a
<a href="#">220306-A</a>	11/6 - 1/21	M	10:10-10:55a
<a href="#">220306-B</a>	11/6 - 1/21	M	12:30-1:20p
<a href="#">220306-C</a>	11/6 - 1/21	M	3:30-4:15p
<a href="#">220306-D</a>	11/6 - 1/21	Tu	10:10-10:55a
<a href="#">220306-E</a>	11/6 - 1/21	Tu	12:30-1:15p
<a href="#">220306-F</a>	11/6 - 1/21	W	11:00-11:45a
<a href="#">220306-G</a>	11/6 - 1/21	Th	9:15-10:00a
<a href="#">220306-H</a>	11/6 - 1/21	F	10:10-10:55a
<a href="#">220306-I</a>	11/6 - 1/21	Sa	8:00-8:45a
<a href="#">220306-J</a>	11/6 - 1/21	Sa	8:50-9:35a

Must attend with a parent or caregiver.

## KINDER GYM (Kindergarten)

This is a co-ed class for students who are too advanced for our preschool program, but not quite ready for our beginner program. This class will focus on basic gymnastics, in a fun way. This is a great energy release for Kindergarten students.

CODE	DATES	DAY	TIME
220303-1	8/28 - 11/5	M	12:30-1:20p
220303-2	8/28 - 11/5	F	10:10-11:00a
220303-A	11/6 - 1/21	M	12:30-1:20p
220303-B	11/6 - 1/21	F	10:10-11:00a



## GIRLS KINDER GYM (Kindergarten)

This is a class for girls who are too advanced for our preschool program, but not quite ready for our beginner program. This class will focus on basic gymnastics, in a fun way. This is a great energy release for Kindergarten students.

CODE	DATES	DAY	TIME
<a href="#">220304-1</a>	8/28 - 11/5	W	1:00-1:50p
<a href="#">220304-A</a>	11/6 - 1/21	W	1:00-1:50p

## NEW! SIBLING GYMNASTICS CLASS (Walking: 1-6 Years)

Starting with a little free time and then an interactive warm-up, younger children will benefit from watching an older sibling as a role model. Older kids gain confidence and feel great helping a younger sibling master a skill! Skills are modified for the range of ages and everyone learns something new. Taught in obstacle course format, families stick together and encourage each other on the gymnastics apparatus. New obstacle courses and progressive skills each week! Fun for the whole family!

CODE	DATES	DAY	TIME
<a href="#">220313-1</a>	8/28 - 11/5	Su	9:00-9:45a
<a href="#">220313-A</a>	11/6 - 1/21	Su	9:00-9:45a



## BOYS LEVEL 1 GYMNASTICS (5+ Years)

Our boys classes are designed to improve strength and coordination through basic gymnastics. Lesson plans include instruction on all six men's events; Vault, High Bar, Parallel Bars, Rings, Pommel Horse, and Floor Exercise. Boys should dress in t-shirts and shorts or athletic pants. No jeans please.

CODE	DATES	DAY	TIME
<a href="#">220308-1</a>	8/28 - 11/5	W	4:30-5:25p
<a href="#">220308-2</a>	8/28 - 11/5	Sa	11:45a-12:40p
<a href="#">220308-A</a>	11/6 - 1/21	W	4:30-5:25p
<a href="#">220308-B</a>	11/6 - 1/21	Sa	11:45a-12:40p

## GIRLS LEVEL 1 GYMNASTICS (5+ Years)

Gymnasts will learn basic skills on vault, uneven bars, balance beam and floor exercise. Each week includes a floor rotation for practice of cartwheels, handstands, and rolls. Please remember to dress your gymnast in a leotard or biketard.

CODE	DATES	DAY	TIME
<a href="#">220307-1</a>	8/28 - 11/5	M	3:30-4:25p
<a href="#">220307-2</a>	8/28 - 11/5	M	4:30-5:25p
<a href="#">220307-3</a>	8/28 - 11/5	W	4:30-5:25p
<a href="#">220307-4</a>	8/28 - 11/5	F	3:30-4:25p
<a href="#">220307-5</a>	8/28 - 11/5	F	4:30-5:25p
<a href="#">220307-6</a>	8/28 - 11/5	Sa	10:45-11:40a
<a href="#">220307-7</a>	8/28 - 11/5	Sa	11:45a-12:40p
<a href="#">220307-A</a>	11/6 - 1/21	M	3:30-4:25p
<a href="#">220307-B</a>	11/5 - 1/21	M	4:30-5:25p
<a href="#">220307-C</a>	11/6 - 1/21	W	4:30-5:25p
<a href="#">220307-D</a>	11/6 - 1/21	F	3:30-4:25p
<a href="#">220307-E</a>	11/6 - 1/21	F	4:30-5:25p
<a href="#">220307-F</a>	11/6 - 1/21	Sa	10:45-11:40a
<a href="#">220307-G</a>	11/6 - 1/21	Sa	11:45a-12:40p

## CO-ED TUMBLING (6-17 Years)

Learn new skills or refresh old ones. This class is great for poms, cheer, or just for the fun of learning jumps and tumbling.

AGE	CODE	DATES	DAY	TIME
10-17 Years	<a href="#">220311-1</a>	8/28 - 11/5	Th	6:00-6:55p
6-17 Years	<a href="#">220311-2</a>	8/28 - 11/5	Sa	10:45-11:40a
10-17 Years	<a href="#">220311-A</a>	11/6 - 1/21	Th	6:00-6:55p
6-17 Years	<a href="#">220311-B</a>	11/6 - 1/21	Sa	10:45-11:40a

## GIRLS TUMBLING (7-12 Years)

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 and barrels.

CODE	DATES	DAY	TIME
<a href="#">220309-1</a>	8/28 - 11/5	Tu	6:00-6:55p
<a href="#">220309-A</a>	11/6 - 1/21	Tu	6:00-6:55p

## BOYS TUMBLE/TRAMPOLINE (6-17 Years)

Boys will learn cartwheels, roundoffs, handsprings, and saltos using our floor, tumble trak, trampoline, barrels and wedges.

CODE	DATES	DAY	TIME
<a href="#">220310-1</a>	8/28 - 11/5	W	5:30-6:30p
<a href="#">220310-A</a>	11/6 - 1/21	W	5:30-6:30p





**FLIPTASTIC GYMNASTICS CAMP (5-12 Years)**

Winter Break!

Gymnastics, games, obstacle course, trampoline, tumble trak, pit play, craft, snack and more!



CODE	DATES	DAY	TIME	R/NR
<a href="#">220315-1</a>	12/27	W	12:30-4:30p	\$55/69
<a href="#">220315-2</a>	12/28	Th	12:30-4:30p	\$55/69
<a href="#">220315-3</a>	12/29	F	12:30-4:30p	\$55/69
<a href="#">220315-4</a>	12/27 - 12/29	W-F	12:30-4:30p	\$140/175



**NEW! JUNIOR WARRIOR (4-10 Years)**

Challenge yourself to be your best! Our weekly obstacle courses require strength, agility, endurance and determination. Each week our warriors will conquer different courses. Defy gravity by climbing the ropes, swinging on bars, scaling walls and jumping obstacles. All while having fun! Open to boys and girls.

AGE	CODE	DATES	DAY	TIME	R/NR
6-10 Years	<a href="#">220312-1</a>	8/30 - 9/27	W	3:50-4:30p	\$90/113
4-6 Years	<a href="#">220312-A</a>	10/4 - 11/1	W	3:50-4:30p	\$90/113



**NEW! SKILL CLINICS (6+ Years)**

In these one day classes, standing back handspring and standing back tuck will be refined for advanced students who can perform a back walkover independently. Learn a backbend, back walkover, and bar skills such as pullover and back and front hip circle.

**Standing Back Handspring/Standing Back Tuck Clinic**

Advanced level: must already perform a back walkover independently.

CODE	DATES	DAY	TIME	R/NR
<a href="#">220314-1</a>	9/10	Su	1:00-2:30p	\$30/38
<a href="#">220314-4</a>	12/10	Su	1:00-2:30p	\$30/38

**Backbend and Back Walkover Clinic**

CODE	DATE	DAY	TIME	R/NR
<a href="#">220314-2</a>	10/8	Su	1:00-2:30p	\$30/38

**Gymnastic Bar Skills Clinic**

Bar Skills: pullover, back and front hip circle.

CODE	DATE	DAY	TIME	R/NR
<a href="#">220314-3</a>	11/12	Su	1:00-2:30p	\$30/38

# Rhythmic Gymnastics

All classes are held at the Sullivan Community Center

This is a unique Olympic sport for girls that combine dance and tumbling elements into routines choreographed to music. Rhythmic gymnastics enhances musical abilities of harmony and rhythm, improves body coordination and flexibility, it builds strength, agility and endurance. Participants use hand apparatuses such as ribbons, ropes, hoops and balls, which are in motion and synchronized with their body movements. Classes are coached by National coach Milena Sladkov and her staff, safety certified instructors and professional members of USA Gymnastics.

[www.mngymnastics.com](http://www.mngymnastics.com)

No class 9/4 and 11/22.

**TINY STARS (3-4 Years)**

Classes incorporate creative dance with ribbons, play with hula hoops and balls, basic body movements, floor tumbling, running, rope jumping, balancing and stretching. These activities enhance hand/eye and body coordination. It gives the little ones a weekly chance to learn about social skills including listening, following directions, respecting others, sharing, taking turns, and play within the rules of active games.

CODE	DATES	DAY	TIME	FEE
<a href="#">220401-1</a>	8/28 - 10/16	M	4:15-5:15p	\$105
<a href="#">220401-2</a>	8/30 - 10/18	W	4:15-5:15p	\$119
<a href="#">220401-A</a>	10/23 - 12/18	M	4:15-5:15p	\$119
<a href="#">220401-B</a>	10/25 - 12/20	W	4:15-5:15p	\$105

The classes below are designed to work on skills while learning to incorporate these skills into routines accompanied to music. When girls have mastered both the skills and routines, they are offered the option of a training program.

**STARS (4-5 Years)**

CODE	DATES	DAY	TIME	FEE
<a href="#">220402-1</a>	8/28 - 10/16	M	5:20-6:20p	\$105
<a href="#">220402-2</a>	8/30 - 10/18	W	5:20-6:20p	\$119
<a href="#">220402-A</a>	10/23 - 12/18	M	5:20-6:20p	\$119
<a href="#">220402-B</a>	10/25 - 12/20	W	5:20-6:20p	\$105

**RHYTHMIC GYM I (6-7 Years)**

CODE	DATES	DAY	TIME	FEE
<a href="#">220403-1</a>	8/28 - 10/16	M	6:25-7:25p	\$105
<a href="#">220403-2</a>	8/30 - 10/18	W	6:25-7:25p	\$119
<a href="#">220403-A</a>	10/23 - 12/18	M	6:25-7:25p	\$119
<a href="#">220403-B</a>	10/25 - 12/20	W	6:25-7:25p	\$105

**RHYTHMIC GYM II (8-13 Years)**

CODE	DATES	DAY	TIME	FEE
<a href="#">220404-1</a>	8/28 - 10/16	M	7:30-8:30p	\$105
<a href="#">220404-2</a>	8/30 - 10/18	W	7:30-8:30p	\$119
<a href="#">220404-A</a>	10/23 - 12/18	M	7:30-8:30p	\$119
<a href="#">220404-B</a>	10/25 - 12/20	W	7:30-8:30p	\$105