

Tumbling

Classes are divided by age and skill level where appropriate, to achieve maximum progress. All classes are **45 minutes** long.

Fall Classes begin August 18th.

Beginning Tumbling (7-9 yrs old)						Tumbling classes focus on floor exercises such as cart-wheels, round offs, back handsprings (flip-flop), and multi-skill tumbling passes.					
	Monday	Tuesday	Wednesday	Thursday	Friday	Intermediate Tumbling (Invite only)					
3:45			Jacqie		Michelle		Monday	Tuesday	Wednesday	Thursday	Friday
4:00	Mattie					4:30			Jacqie		
4:15		Gina				6:00		Mattie			
4:30					Michelle	8:00	Matt				
6:45		Michelle				Advanced Tumbling (Invite only)					
7:00				Brennan			Monday	Tuesday	Wednesday	Thursday	Friday
Beginning Tumbling 10+ CLUB (10 & older)						5:45					Kevin
	Monday	Tuesday	Wednesday	Thursday	Friday	7:30			Jacqie		
4:45	Mattie					Advanced Power Tumbling (Invite only)					
5:00					Kevin		Monday	Tuesday	Wednesday	Thursday	Friday
5:15		Mattie				8:00	Kevin				
6:45			Jacqie								
7:00	Michelle										



Cheer



Our Cheerleading class at Flips focuses on the fundamentals of cheering. This includes jumps, cheers, dances, and stunting. Here at Flips we like to keep a fun, positive atmosphere while incorporating good sportsmanship and teamwork. As your child participates in our class, you will have the pleasure of watching your child learn how to build these skills, work hard, and achieve goals.

Attire for cheer: Flips T-Shirt, shorts, athletic shoes, and hair needs to be pulled up.

Cheer (7-9 yrs old)						Cheer 10+ CLUB (10 yrs and older)					
	Monday	Tuesday	Wednesday	Thursday	Friday		Monday	Tuesday	Wednesday	Thursday	Friday
6:45			Michelle			7:00				Michelle	

Pricing Per Month

New Student Registration: \$45

1 Class: \$66

25% off 2nd class

\$5 discount for siblings

my.flipstx@gmail.com

www.flipstexas.com 281.292.4407

