



# Flip Gymnastic North Shore



**Classes located at:**  
27825 Irma Lee Circle  
Lake Forest  
847-367-6555  
www.flipsgymonline.com



## GIRLS AND BOYS GYMNASTICS

Our specialized lesson plans allow gymnasts to learn basic skills on all apparatus, as well as trampoline and tumble trak. Each week includes a floor exercise rotation allowing a lot of practice on cartwheels, handstands and rolls. Please dress girls in a leotard or biketard (hair tied back) and boys in athletic shorts & t-shirt.

CODE	AUG 24—OCT 31	CLASS	AGE	DAY	TIME	NOV 2—JAN 17	CODE
11911	\$195 R / \$210 NR	Girls Level 1/2	5+	Thursday	3:45-4:40 pm	\$195 R / \$210 NR	11912
11913	\$195 R / \$210 NR	Girls Level 1/2	5+	Thursday	4:00-4:55 pm	\$195 R / \$210 NR	11914
11915	\$195 R / \$210 NR	Girls Level 1/2	5+	Saturday	8:30-9:25 am	\$195 R / \$210 NR	11916
11905	\$195 R / \$210 NR	Boys Level 1/2	5+	Wednesday	5:00-5:55 pm	\$195 R / \$210 NR	11906
11907	\$195 R / \$210 NR	Boys Level 1/2	5+	Saturday	9:15-10:10 am	\$195 R / \$210 NR	11908

## CO-ED TUMBLING

This class is designed for Middle School boys and girls who would like to learn some new skills or refresh their old ones. This class is great for poms, cheer, or just for the fun of learning jumps and tumbling.

CODE	Aug 24—Oct 31	CLASS	AGE	DAY	TIME	NOV 2—JAN 17	CODE
11909	\$195 R / \$210 NR	Co-Ed Tumbling	7-12	Thursday	3:45-4:40 pm	\$195 R / \$210 NR	11910

## GYM STARS & GYM WHIZZERS

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 a 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 rooms.

CODE	Aug 24—Oct 31	CLASS	AGE	DAY	TIME	NOV 2—JAN 17	CODE
11917	\$195 R / \$210 NR	Stars & Whizzers	3 & 4	Tuesday	3:30-4:15 pm	\$195 R / \$210 NR	11918