

Flippers Gymnastics
Schedule of Classes 2010/1011
346-1607, flipgym@wiband.ca

Recreation

Kinder Kids Ages 2 & 3

Tuesday 11:00-12:00

Wednesday 10:00-11:00

Kinder Kids Ages 4 & 5

Tuesday 10:00-11:00

Tuesday 4:00-5:00

Wednesday 11:00-12:00

Wednesday 1:00-2:00

Kinder Kids Parent & Me

Age 9 months - 3

Tuesday 10:00-11:00

Kinder Kids Ages 3 -5

Wednesday 10:00-12:00

Thursday 5:00-6:00

Level 1 Ages 5-8 Girls

Monday 5:00-6:00

Thursday 6:00-7:00

Level 1-3 Ages 9 & up Girls

Wednesday 5:00-6:00

Saturday 1:00-2:00

Level 2/3 Ages 5-8 Girls

Monday 6:00-7:00

Thursday 7:00-8:00

Saturday 12:00-1:00

All Kinder kids,
recreational, and
beginner T & T classes
are 1 hour per week.

The pre comp and
provincial pre comp are
2 hours once per week.

Flippers Gymnastics reserves the
right to change class days, times
and coaches if needed! Parents
will be notified if any changes are
required.

Flips Pre Comp

Saturday 10:00-12:00

Provincial Pre Comp

Friday 5:00-7:00

Pre Comp

Wednesday 6:00-8:00

Thursday 6:00-8:00

Level 1-3 Ages 5-8 Boys

Friday 6:00-7:00

Level 1-3 Ages 9 & Up Boys

Friday 7:00-8:00

Pre Comp Boys

Saturday 12:00-2:00

T&T Beginner Girls

Monday 5:00-6:00

T&T Beginner Boys

Monday 6:00-7:00

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recreational and
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Competition

Beginner Girls

Tuesday 5:00-7:00

Thursday 5:00-7:00

Intermediate Girls

Tuesday 6:30-8:00

Thursday 6:30-8:00

Advanced & Advanced Op Girls

Monday 5:00-8:00

Wednesday 5:00-8:00

Provincial 1 Girls

Wednesday 5:00-8:00

Friday 5:00-8:00

Saturday 9:00-12:00

Provincial 2, 3 & 4 Girls

Tuesday 5:00-8:00

Thursday 5:00-8:00

Friday 5:00-8:00

Saturday 9:00-12:00

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The beginner girls & boys and the advanced T&T are in class for 4 hours per week (2 hours, 2x per week).

The intermediate girls are in class for 5 hours per week (2.5 hours, 2x per week).

The advanced & advanced op girls and the advanced & provincial boys are in class 6 hours per week (3 hours, 2x per week).

The provincial 1 girls are in class 9 hours per week (3 hours, 3x per week).

The provincial 2, 3 & 4 girls are in class 12 hours per week (3 hours, 4x per week).

Beginner Boys

Tuesday 6:00-8:00

Saturday 12:00-2:00

Advanced & Provincial Boys

Monday 5:00-8:00

Saturday 9:00-12:00

Advanced T&T

Monday 7:00-9:00

Saturday 12:00-2:00

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