

Preschool Gymnastics

Does your 4 or 5 year old think your couch is a trampoline? Then our preschool program is the perfect place to let your youngster explore movement in a safe and fun environment. This 1 hour class focuses on fundamental movement skills like running, jumping, climbing, rolling, twisting, throwing and receiving. Your child will be able to move through life with confidence as they build agility, balance, coordination, strength and flexibility and the social skills necessary to transition into their school years with ease. Each class will include games, movement challenges and exploration circuits on our specialized preschool gymnastics equipment.

4 yrs - 5 yrs **\$80/month**

Monday	3:45-4:40 pm
Tuesday	9:30-10:25 am
Tuesday	1:05-2:00 pm
Tuesday	3:30-4:25 pm
Wednesday	10:30-11:25 am
Wednesday	3:30-4:25 pm
Wednesday	5:15-6:10 pm
Thursday	9:30-10:25 am
Thursday	10:30-11:25 am
Thursday	5:00-5:55 pm
Thursday	6:45-7:40 pm
Friday	9:30-10:25 am
Friday	1:05-2:00 pm
Friday	6:15-7:10 pm
Saturday	9:00-9:55 am
Saturday	10:45-11:40 am
Saturday	12:30-1:25 pm
Saturday	1:30-2:25 pm

REGISTRATION INFORMATION

**Register online at flipcitygym.com or
contact the Flip City Office**

Phone 604-888-3366

Email flipcitygymnasticsclub@gmail.com

**Check out more program information
on our website**

flipcitygym.com

We are located at:

#4-20279 97th Ave Langley, BC

***All members must be insured prior to
participating in classes or drop-in's***



Flip City Gymnastics Fall Schedule



PRESCHOOL PROGRAMS

WHY PRESCHOOL GYMNASTICS?

We Teach a Love for Learning

Our exciting preschool classes are designed to develop a child's motor skills and learning behaviors. Child development experts report that during the preschool years it is crucial for a child to develop a love for learning. Our classes focus on teaching children to love learning through gymnastics and motor movements. We strongly believe that preschool gymnastics prepares children for successful learning in school. So let's have fun building positive learning attitudes!



Fall Session 2017

The fall session will run from **September 5, 2017** to **January 29, 2018**.

The gym will be **closed** the following dates:

Monday October 9th, 2017

- Thanksgiving Day

Saturday November 11th, 2017

- Remembrance Day

December 24th, 2017 - January 2nd, 2018

- Christmas Break

Parent and Tot

This 45 minute program is the perfect place for children walking to 3 years old to explore the exciting world of gymnastics with a parent or care giver. Games, songs and exploration circuits will help your youngster learn to climb, roll, balance, jump, swing, land, hang, listen and interact with their new friends in a fun and safe environment. Overall physical literacy and an excitement for learning and being in the gym is the goal of this program. Both child and adult will leave each class with a smile.

15 months - 3 yrs

\$65/month

Monday	9:30-10:10 am
Wednesday	1:15-1:55 pm
Thursday	1:15-1:55 pm
Saturday	9:15-9:55 am



Pre-Competitive

Girls Pre-Competitive

3 yrs

\$80/month

Wednesday 4:30-5:30 pm

4 yrs-6 yrs

\$100/month

Tuesday 3:30-5:00 pm

Thursday 3:30-5:00 pm

Jr. Superman

\$100/month

Tuesday 4:30-6:00 pm

registration in pre-comp program is by invitation only

Just Tots

This 45 minute class is the perfect environment for your 3 year old to learn to be independent and explore our amazing facility with all the exciting equipment without the help of mom or dad. They will learn to listen to instructions, take their turn, follow a circuit and interact with the other students in the class. They will enjoy songs, games, circuits and activities that

3 yrs

\$65/month

Monday	10:30-11:10 am
Tuesday	10:30-11:10 am
Wednesday	9:30-10:10 am
Wednesday	6:00-6:40 pm
Thursday	2:00-2:40 pm
Thursday	6:00-6:40 pm
Friday	10:30-11:10 am
Friday	5:30-6:10 pm
Saturday	10:00-10:40 am
Saturday	1:30-2:10 pm

