

## Girls Gold

After completing the Bronze and Silver levels athlete are ready to move into the Gold program where complex skills will be developed. Here you will start to see front and back handsprings on the floor and front and back saltos (flips) on the trampoline. Athletes will continue to build skills through progressions that will help athletes develop the strength and focus needed to be successful. The CANGYM program has 12 levels and the Gold program focuses on Levels 9-12. Students completing this program may consider joining our Interclub program or pursuing a more competitive program with the Flip City artistic mens, womens or trampoline and tumbling.

### Girls Gold Gymnastics

7 yrs+

Monday

\$100/month

4:45-6:10 pm

## Teen Gymnastics

This exciting programs is designed for teens of all levels to enjoy learning and mastering gymnastics and trampoline skills on all events. Each participant will be challenged to work on skills at their own pace while enjoying a group fitness experience.

11 yrs-16 yrs

Thursday

Friday

Saturday

\$100/month

6:30-7:55 pm

7:00-8:25 pm

11:00-12:25 pm



## Advanced Programs

### Girls Pre-Competitive

3 yrs

4 yrs - 5 yrs

6 yrs-8 yrs

\$80/month

\$100/month

\$110/month

### Girls Interclub 7 yrs +

4 hrs/week

5 hrs/week

\$155/month

\$179/month

### Jr. Superman

1.5 hrs/week

\$100/month

\* registration in advanced program is  
by invitation only\*

# REGISTRATION INFORMATION

Register online at [flipcitygym.com](http://flipcitygym.com) or  
contact the Flip City Office

Phone 604-888-3366

Email [flipcitygymnasticsclub@gmail.com](mailto:flipcitygymnasticsclub@gmail.com)

Check out more program information  
on our website

[flipcitygym.com](http://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



Girls and Boys Recreational  
Programs

## WHY GYMNASTICS?

They walk comfortably on the balance beam, swing on the bars, jump on the trampoline and hang from the rings. The gym is full of kids in shorts and leotards, climbing, swinging, tumbling and smiling. Young children need a program that teaches them to move their bodies in new ways while learning to enhance balance, flexibility, coordination and gross motor skills. Gymnastics enhances coordination, fitness and confidence, all in a fun and safe environment.



## Fall Session 2017

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

## Bronze Girls and Boys

The Bronze program is the perfect place for school aged children to enjoy exploring the sport of gymnastics and to develop the fundamental movement skills necessary to participate in all sports and begin an active lifestyle that will last a lifetime. During the 1.5 hours of this class the children will enjoy movement games that will improve their cardiovascular fitness, flexibility, strength, agility and coordination. They will explore all the gymnastics equipment including our trampolines and learn basic gymnastics body positions and skills that will help them as they explore other sports to find their passion. For those who find that gymnastics is their passion, we have many options for them to pursue in recreational gymnastics, trampoline, tumbling and cheer. We also have dynamic competitive programs in all disciplines as well. Our Recreational Gymnastics Program follows the CANGYM curriculum and the Bronze classes incorporate Levels 1-4.

### Girls Bronze 5 yrs-6 yrs

**\$100/**

#### Month

Monday	3:45-5:10 pm
Tuesday	4:30-5:55 pm
Wednesday	3:45-5:10 pm
Thursday	3:45-5:10 pm
Friday	4:00-5:25 pm
Saturday	9:00-10:25 am
Saturday	12:00-1:25 pm

### 7 yrs-9 yrs

**\$100/**

#### Month

Monday	6:15-7:40 pm
Tuesday	5:30-6:55 pm
Wednesday	5:15-6:40 pm
Thursday	5:00-6:25 pm
Friday	4:00-5:25 pm
Saturday	10:30-11:55 pm

### 8 yrs-10 yrs

**\$100/Month**

Wednesday	6:30-7:55 pm
Friday	5:30-6:55 pm
Saturday	9:15-10:40 am
Saturday	12:15-1:40 pm

### Boys Bronze Gymnastics

#### 5 yrs and up

**\$100/month**

Monday	4:45-6:10 pm
Tuesday	3:45-5:10 pm
Wednesday	4:45-6:10 pm
Thursday	3:45-5:10 pm
Thursday	5:15-6:40 pm
Friday	5:15-6:40 pm
Friday	6:45-8:10 pm
Saturday	10:30-11:55 pm
Saturday	12:00-1:25 pm

## Homeschool Gymnastics

Our Homeschool Gymnastics program is the perfect place for school aged children to enjoy exploring the sport of gymnastics and to develop the fundamental movement skills necessary to participate in all sports and begin an active lifestyle that will last a lifetime.

**5 yrs +**  
Monday

**\$80/month**  
1:00-2:00 pm

## Silver Girls and Boys

Silver classes are really exciting as they take the foundation gymnastics skills learned in the Bronze program and build upon them with drills and progressions that begin to develop advanced skills that take much more strength, concentration and coordination. The Boys classes start to utilize the men's events of high bar, parallel bars, rings and pommels. These events take more strength and a good understanding of basic movement and foundational gymnastics skills. Athletes in Silver classes will be learning the skills in the CANGYM program from Level 5-8.

### Girls Silver Gymnastics

#### 7 yrs-12 yrs

**\$100/month**

Monday	5:15-6:40 pm
Tuesday	4:30-5:55 pm
Tuesday	5:30-6:55 pm
Wednesday	6:45-8:10 pm
Thursday	6:30-7:55 pm
Friday	3:45-5:10 pm
Friday	5:15-6:40 pm
Friday	7:00-8:25 pm
Saturday	10:45-12:10 pm
Saturday	12:15-1:40 pm

### Boys Silver Gymnastics

#### 7 yrs-12 yrs

**\$100/month**

Wednesday	6:15-7:40 pm
Friday	3:34-5:10 pm

