



Mission Statement

Flip For Me Gymnastics offer formal training in the Olympic sport of artistic gymnastics. Through gymnastics we promote the cultural and competitive benefits of physical and mental exercise. Gymnastics is fun and exciting but also helps individuals overcome their fears, improve their self image and confidence, and learn fantastic new skills by following a disciplined approach to tackling goals. Our approach to the development of our athletes is a personal one. We draw on each individual's personality to find a balance between strength, anaerobic endurance and flexibility, while enhancing their proprioception, air sense and concentration. We accommodate all levels of interested people either recreational or high level.

Required attire

Girls - leotard, fitted shorts, hair pulled off face, long hair in pony tail.

Boys - shorts and t-shirt.

Baby Bees Open Gym

30 minutes FREE class for children 6-18 months old requires parent participation (parent, grandparent, caregiver, etc.- Please only one parent per participant inside the gym at all times. Please ask for rules.)

Mini Flips

40 minutes class for children 19-24 months old requires parent participation (parent, grandparent, caregiver, etc.- Please only one parent per participant inside the gym at all times. Please ask for rules.) Class is designed to introduce you and your child to the fun of gymnastics and fitness. Our instructors guide classes through warm-ups and stretching, activities on mats, balance beams, mini bars, mini trampolines and TumbleTrack. Participation builds strength, balance, coordination and locomotor skills.

Tumble buddy 2's

This 45-minute class is designed for children 2-3 years old and requires active buddy (parent, grandparent, caregiver, etc. - Please only one parent per participant inside the gym at all times. Please ask for rules.) As an introductory class in movement education, children are encouraged to use their imaginations as they explore obstacle courses, the TumbleTrak, Bars, Beam and lots more! Children will begin to develop physical strength and coordination, as well as balance and agility at an early age. But the greatest aspect of this class is the interaction between buddies and their children...

3-All-Me

For 3-4 years old who are ready to explore the world of beginning gymnastics, on their own! 50 minutes class, age appropriate activities teach gymnastics and movement skills while building strength and coordination. This is an important time for a 3 year old. It is a transitional period from parent led activities to independent and instructor led classes. If needed, parents may enter gym area to sit and assist their child in getting acclimated to classes.

Fantastic 4's

This 60 minute class is created for children 4-5 years old and is a foundational class leading into our "Recreational Gymnastics Program". Continued exposure to our program encourages lifetime fitness at a young age in addition to an increase in progressively more difficult gymnastics skills introduced on Vault, Bars, Beam, and Floor.

Rubies 1 (girls only)

Once or twice per week (60 min class, 6 to 8 years old) introductory class exposes students to foundational gymnastics skills, body form & positions, strength and flexibility. Students progress at their own pace on all four Olympic apparatus (Vault, Bars, Beam and Floor) and well as TumbleTrack. Major skills required for promotion to the next level include (but are not limited to):

- Vault: Run-Hurdle-Straight Jump_Stick
- Bars: Back Pullover (utilizing a mat), Cast-Back-Hip Circle
- Beam: Candlestick, Stretch Jumps, Stretch Jump Dismount
- Floor: Backward Roll, Cartwheel, Bridge

Rubies 2 (girls only)

Once or twice per week (60 min class, 9 years and older) introductory class exposes students to foundational gymnastics skills, body form & positions, strength and flexibility. Students progress at their own pace on all four Olympic apparatus (Vault, Bars, Beam and Floor) and well as TumbleTrack. Major skills required for promotion to the next level include (but are not limited to):

- Vault: Run-Hurdle-Straight Jump_Stick
- Bars: Back Pullover (utilizing a mat), Cast-Back-Hip Circle
- Beam: Candlestick, Stretch Jumps, Stretch Jump Dismount
- Floor: Backward Roll, Cartwheel, Bridge

Emeralds (girls only) by coach recommendation

Once per week (90 minute class). The girls in this program work hard to learn the proper way to do skills. Strength and flexibility become even more important as the gymnasts work to perfect skills they compete in the future. This class is to serve as an advanced recreational class before entering the pre-team program.

- Mondays (ages 8 & up) 7:00pm-8:30pm
- or
- Fridays (ages 6-8) 7:00pm-8:30pm

Diamonds (girls only) by coach recommendation

Twice per week (90 min class, 6 years and older) is designed to slightly increase the training intensity placed on students while allowing them to continue to progress at their own pace. New skills are introduced and skills previously mastered in Rubies are polished. Major skills required for promotion to the next level include (but are not limited to):

- Vault: Vault: Handstand on Springboard-Tree Fall to 16' Mat
- Bars: Chin-Up Pullover, Cast back hip circle, Straddle on sole circle dismount
- Beam: Forward Roll, Tuck jump, Tuck Jump Dismount
- Floor: Straddle forward Roll, Hand stand, Cartwheel, Backward roll to pike, Split Jump,

Stars (girls only) by coach recommendation

Twice per week (90 min class) Participants 5-7 years old are introduced to more advanced skills in floor exercise, bars, balance beam and vault. More dance skills are also introduced. Specific skills include but are not limited to handstands, cartwheels, round-offs, bridge kickovers, split jumps on beam, proper arm circles and board approaches to the vault and pullovers and back hip circles on the bars.

Mini-Sapphire (girls only) by coach recommendation

Twice per week (90 min class) Participants 6-8 years old. This class is intended to provide a more challenging structure to our Rubies gymnasts who have mastered their Level 1 skills and are ready to work towards competitive goals in the Xcel levels of Gymnastics.

Sapphire (girls only) by coach recommendation

Twice per week (90 min class) Participants 9 years and older. This class is intended to provide a more challenging structure to our Rubies gymnasts who have mastered their Level 1 skills and are ready to work towards competitive goals in the Xcel levels of Gymnastics.

Jr. Pre-Team (girls only) by coach recommendation

Twice per week (90 min class). Participants 5-7 years old are introduced to more advanced skills in floor exercise, bars, balance beam and vault to prepare to compete in Level 2. Specific skills include, but are not limited to, handstands, cartwheels, round-offs, back extension rolls, working toward backhand springs on floor, leaps, turns, handstand and jumps on beam, handstand flat back on vault, pullovers, casting, back hip circles on bars, and much more!

Sr. Pre-Team (girls only) by coach recommendation

Twice per week (90 min class, ages 7+). This class is designed to slightly increase the training intensity placed on students while allowing them to work toward competing Level 2. New skills are introduced & skills mastered in Diamonds & Sapphires are polished. Specific skills include but are not limited to:

- Vault: Handstand to flat back to 24" mat

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- Bars: Handstand to flat back to 24" mat, introduce glide kips, shoot through and leg cuts
- Beam: Split jumps, turns, handstands
- Floor: Handstand forward roll, back roll to pike, leaps, roundoffs

Team Program (girls only)

Flip For Me Gymnastics is training students in a Team Program for levels 1 to 9 and Xcel. The Junior Olympic program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. More details at this [USAG](#) link.

Tumbling

Once to three classes per week (60 min class, Age 6 & up) introductory tumbling exposes students to foundational tumbling skills. Students progress at their own pace and work on the Floor and TumbleTrack.

- Cartwheel (Straight Legs/Arms) with Controlled Finish
- One-Armed Cartwheel
- Handstand
- Round-Off w/Proper Technique & Controlled Bound-Up
- Backbend Kickover (Straight Legs)
- Standing Back Handspring (on TumbleTrack with NO Spot)
- Round-Off Back Handspring (on Floor with NO Spot)
- Round-Off Double Back Handspring

Intermediate Tumbling (Cheer Tumbling)

Once to three classes per week (60 min class, Age 6 & up) is designed to slightly increase the training intensity placed on students while allowing them to continue to progress at their own pace. New skills are introduced and skills previously mastered in Beginning Tumbling are reinforced. Major skills required for promotion to the next level include (but are not limited to):

- Handstand Snap-Down
- Standing Back Handspring (on Floor with NO Spot)
- Round-Off Back Handspring (on TumbleTrack with NO Spot)
- Standing Back Tuck (on TumbleTrack with Spot)

Boys Recreational Gymnastics

Boys Rec 1: 60 minutes class, age 5 – 6 years (once or twice a week). Students will learn new ways to roll, improve their cartwheels and strengthen their muscles using stations and drills designed for their ages and abilities. We include a variety of challenges (i.e. eye/hand and eye/foot coordination, balance, etc.) that will enhance any sport a child may play, not just gymnastics

Boys Rec 2: 60 minutes class, age 7 and up (once or twice a week). Class is designed to improve their flexibility and strengthen their muscles. Each class starts with warm-up, consisting of activities to warm-up the body and raise heartbeat, along with some basic stretching exercise. After that, the boys will move on to the men's equipment.

Flip Flop Shop

Class is once a month(Age 6 to 15), please see web page "Upcoming events". Everyone wants to do a back handspring! This introductory class begins with basic drills and techniques to acquire a back handspring and round-off back handspring. Students must be able to demonstrate a kick up to handstand with acceptable form and hold a backbend for 5 seconds.