

Cheer-tumbling Level 1-2

under 11 yrs

Monday*	4:15-5:15 P.M.
Tuesday	5:00-6:00 P.M.
Wednesday*	4:30-5:30 P.M.
Thursday*	4:30-5:30 P.M.
Friday	5:30-6:30 P.M.
Saturday	10:30-11:30 A.M.

12 & older

Monday	5:15-6:15 P.M.
Tuesday*	5:00-6:00 P.M.
Thursday	7:00-8:00 P.M.
Saturday	1:00-2:00 P.M.

- Ratio 9:1 • Round-offs • Backward rolls
- Handstands • Front & Back walkovers
- Front & Back handsprings

No requirements for entry to these classes

43% of children attend classes with a friend

* Classes receive \$5.00 off

Open Cheer - Friday nights 7:00-9:00

\$10 for members (tuition must be up to date)

\$12 for non-members

Cheer-tumbling Level 3-4

Tuesday	7:00-8:00 P.M.
Wednesday	6:30-7:30 P.M.
Thursday*	4:30-5:30 P.M.
	6:30-7:30 P.M.

Monday	6:15-7:45 P.M.
Saturday	11:30-1:00 P.M.

- Ratio 7:1 • Front Tucks • Back Tucks
- Multiple Front & Back handsprings
- Back Pikes, Layouts, Step-outs

Must have a Round-off, backhandspring for entry to these classes (unassisted)

Cheer-tumbling Level 5+

Monday	6:00-7:30 P.M.
Wednesday	7:30-9:00 P.M.
Thursday	7:30-9:00 P.M.
Saturday	12:30-2:00 P.M.

- Ratio 6:1 • Layouts • Single & Double Fulls • “X” outs • Arabians • Standing Fulls • Series tumbling with multiple flips

Must have a Round-off
2-3 backhandsprings, layout on trampoline

**Need More Flexibility this Year?
Use our Flex Cheer™ Card!**

“Flips Flex Cheer™ Card”

Available in either a 4 class or an 8 class card. Allows for the flexibility to come when you can. Call ahead and pick the class you want that week & if space is available you come in that day. You can use them on any day or any week.

Valid from September 1st, 2011 - May 31, 2012

Revised 6-22-11

Cheerleading Tuitions

Level 1-2 Classes		
# of Classes	Monthly	2-month Session
1 per week	\$ 53.00	\$ 101.00
2 per week	\$ 85.00	\$ 160.00

Level 3-4 Classes (60 min)		
# of Classes	Monthly	2-month Session
1 per week	\$ 58.00	\$ 106.00
2 per week	\$ 92.00	\$ 174.00

Level 5+ Classes (90min)		
# of Classes	Monthly	2-month Session
1 per week	\$ 77.00	\$ 144.00
2 per week	\$ 123.00	\$ 236.00

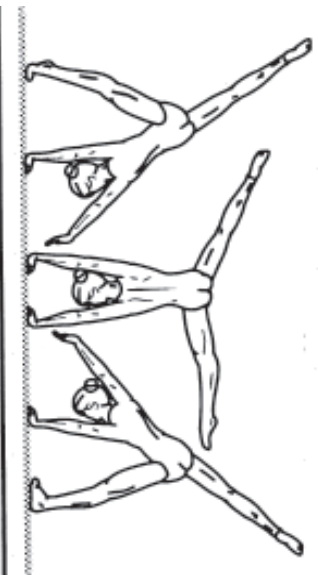
Flex - Cheer Cards™

Flex - Cheer Cards™		
4 class (60 min) - \$62.00	8 class (60 min) - \$97.00	
4 class (90 min) - \$83.00	8 class (90 min) - \$241.00	

SAFE TRAINING AWARDS PROGRAM

This program will award a points system based on the amount of time your school attends “safe training,” whether as a group or an individual. With the accumulation of points you will be able to purchase additional training (mat) time, clinics for your cheerleaders and coaches, workout routines, and even mats and apparel.

Stop by the office and ask to speak to Don or Kari about how to register for this program, start earning points for your school today.



**Private Tumbling Instruction
is also available for you and
your friends**

Lockport Road (Rt 93)

Transit Road (rt 78)



Millersport Hwy.

County Road



Children's Fitness classes available
through a partnership with
Made-2-Move fitness.



Cheer Tumbling



40 Years
1971-2011

Flips Gymnastics & Sport
6017 S. Transit Road

433-8811

www.FlipKids.com

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DUST FREE SINCE 1971**