

All competitive squads include tumbling instruction. Additional tumbling classes, open tumbling or privates are also available, please see the office.



Open Tumbling
Monday - Thursday
7:30-9:00 P.M. \$7.00

Open Gym
Saturdays 5:00-7:00
\$10.00

Private lessons are scheduled through the office only!

\$40 per hour - 1 student

\$50 per hour - 2-3 students

Privates are scheduled to the individual instructors schedule.

Squad only Practices & Gym Floor rentals are also available

Lockport Road (Rt 93)

Transit Road (rt 78)



Flips Gymnastics

Millersport Hwy.

County Road

6017 S. Transit Road
Town of Lockport

Competitive Cheer Program



Flips Gymnastics & Sport

433-8811

www.FlipKids.com

Practice Schedule

Practices are to be set by the coaches and Flips Gymnastics with the consideration of tumbling classes and cheer floor availability.

Mini Level 1:

Wednesdays 5:00-7:00

Saturday 11:00-1:30

(Tumbling 12:30-1:30)

Junior Level 2/3:

Thursday 5:00-7:00

Saturday 1:00-4:00

(Tumbling 3:00-4:00)

Senior Level 3:

(Outlaws)

Thursday 7:00-9:00

Saturday 4:00-6:00

Senior Level 4:

(Outlaws)

Monday 6:00-8:00

Saturday 6:00-8:00



Cheer-tumbling Classes

under 11 yrs

Wednesday 5:30-6:30 P.M.

Friday 5:30-6:30 P.M.

12 & older

Monday 5:00-6:00 P.M.

6:00-7:00 P.M.

Tuesday 5:00-6:00 P.M.

Wednesday 6:30-7:30 P.M.

Thursday 7:30-8:30 P.M.

Saturday 11:30-12:30 A.M.

Wednesday 7:30-9:00 P.M.

Thursday 5:00-6:30 P.M.

Saturday 12:30-2:00 P.M.

PLACEMENTS

Anytime call the gym to set up an appointment

Competition Schedule

This schedule is tentative. At this time some of the local competitions are not being advertised with all necessary information. As soon as I know exact dates you will also be notified.

Kenmore Cheer & Dance Spooktacular
Kenmore West High School
Kenmore, NY
October 2009



Cheer for the Cure
Buffalo, NY
March 2010



UB Spirit Challenge
Univeristy at Buffalo
Amherst, NY
October 25, 2009

Fitness for Kids Cheerleading
Challenge
Buffalo, NY
March 2010



Cheer Tech Nationals
Hamburg, NY
November 14, 2009

CCC Hard Rockin' Nationals
Cleveland Convention Center
Cleveland, OH
March 13 -14, 2010



Upstate Cheer &
Dance Championship
Rochester, NY
January 30, 2010



Live! Pittsburgh
David L. Lawrence Convention Ctr
Pittsburgh, PA
February 7, 2010



Dream Team All Stars
Dream Bigger

COA Niagara Falls
National Championships
Buffalo, NY
April 18, 2010



Cheer Over the Falls
Niagara Falls, NY
February 13-14, 2010

