Flips Gymnastics & Sport 2026-27 classes

September

S	M	T	W	Th	F	Sa
		8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October

Su	M	T	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

November

Su	M	T	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25			28
29	30					

December

Su	M	T	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23			

January

Su	M	T	W	Th	F	Sa
						2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February

Su	M	T	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March

Su	M	T	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25		

April

Su	M	T	W	Th	F	Sa
						3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

May

Su	M	T	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

June

Su	M	T	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

July

Su	M	T	W	Th	F	Sa
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August

Su	M	T	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Days that Flips is closed

Flips Gymnastics & Sport

2026-27
Parent Handbook

Several factors work together to separate Flips Gymnastics from other gymnastic programs in Western New York.

Flips has a full array of classes to help your child's experience at our gym and better suit their interests or needs. We have several different programs all based on gymnastics & fitness. One of our programs is right for your child, from competitive to recreational, Gymnastics to Tumbling to Ninja.

Flips low target ratios, our classes are perfect for our facility & allow yourchildren more time practicing & less time in lines waiting for a turn.

Finally Flips has the largest facility in Western New York, with more mats, beams and bars than any other facility.

Flips also supports the community we serve. We support over 50 different community organizations through our efforts. This makes Flips a positive force in Western New York.

While all these points are not unique individually, when put together and combined with over 50 years of teaching gymnastics, our combination can not be matched in Western New York.

Thank you for being here !

55 Years
1971-2026

433-8811

www.FlipKids.com

Gymnastics • Dance • Cheerleading

Flips Gymnasics

Bring a Friend to Class

Cannot be used with other offers

www.FlipKids.com

Silks • Lyra • Rope • Trapeze
Performances

1 Free Class

For adults and children

In the back of Dynamic Training

BUFFALO AERIAL

Core • HIIT • Barre • Small Group
Kettle Bell • CrossFit

1 Free Fitness Class
or
Consultation

Cannot be used with other offers

803-2241

DYNAMIC TRAINING SYSTEMS
TRAIN HARDER TRAIN SMARTER

Lobby Etiquette

Carpeted Lobby space is generously donated by Dynamic Training for Parents to use, under the following conditions:

1. All Gymnastics Moves and Stretching are done inside the gymnastis space, not the lobby.

2. Do not sit on the heaters, they are mounted to drywall and will not hold a childs weight and may burn the child.

3. The walls are not for feet.

Dynamic Training does have the right to remove parents and/or children from the lobby, regardless of why you are in the building.

BUFFALO AERIAL

Offering Lyra, Silks, Rope & Trapeze for adults and children

In the back of Dynamic Training
Classes may be added to your child's gymnastics

Commonly Asked Questions

What does my Child(ren) actually do in class?

The very first thing that happens after attendance is taken is called a warm up. This consists of muscle warming aerobics, strength and stretch. Next the class is taken on several events where they are taught the proper progressions to learn skills safely. Coaches may have a short meeting to explain what they want the class to learn that day. At the end of class is a cool down period where the coach reviews what was taught that day and a stamp or sticker is given as a reward for having a good class.

When can we watch our child's class?

Parent's may remain in the lobby for class viewing. ***Additional room will be available for viewing during the Junior Olympic demonstrations, January & June.***

Why Can't parents be in the gym?

Everyone who comes in contact with your child inside the gym has been background checked for your child's safety. We have not ran background checks on every parent, therefore parents must remain in the lobby.

Are there any discounts for more than one class a week?

Yes. Second classes in any program are discounted

Are there any other discounts?

Yes. All tuitions will receive a $5 discount, off the total, for cash payments.

How will I know how my child(ren) is doing?

Flips Gymnastics & Sport believes that gymnastics is for everyone, though each child progresses at a different rate. No matter what class your child is in, you can be assured that your child(ren) is obtaining an ever increasing level of fitness.

Flips staff will talk to the parents when their child is ready for advancement to the next level.

Flips Gymnastics & Sport

Our Philosophy

Our goal is to develop happy, healthy and confident children. We believe that gymnastics training is the best way to achieve the physical & emotional well being of each child. We believe very strongly in goal setting & achieving, self control, sportsmanship, respect for oneself & for others.

Therefore, Flips will provide programs directed toward building & supporting the aspirations & abilities of our students. Above all, we believe that nothing is more important than a child's self esteem and we will direct all our efforts towards this end.

Welcome

Welcome to Flips Gymnastics and Sport in our 55th/56th year of service to children and their families through out Niagara, Erie and Orleans Counties. Our concept of combining several sports for youth with an adult Health Club in one facility is unique to this area. Although Flips offers these different Fitness Centers, we do not manage all of them by ourselves. ***Dynamic Training, Dance Images, Buffalo Aerial Dance & Kung Fu*** are separate tenants. This allows us to concentrate on gymnastics, the sport that supports all others.

In addition to Gymnastics, we actively seek other sports and fitness programs to include in our facility. We have added NINJA, TUMBLING & AERIAL classes to our facility!

Our staff is highly trained and has over 150 years of combined experience. Many of the staff are former gymnasts that have competed at the National Level. Monthly training for our staff keeps them the best WNY has to offer.

This guidebook is an introduction to our School and should answer most questions. Also, please check the bulletin boards around the gym. Up coming events, gym closings, etc. will be posted there. In addition, we have a wall file that contains extra 'Flip Notes' in case you misplaced yours. Flip Notes are the monthly newsletter for our gym, it will be handed to your child during class and e-mailed.

Your input is always appreciated. Please e-mail us at **LkptFlips@aol.com** with your comments and questions.

If you are new to us, this guide will help you understand all our programs and what you and your child(ren) can expect from our School and its Staff. We hope your child(ren) enjoys the sport as much as we have for the past 50 years.

The Beecher Family

(owners of Flips for 55 years)

Commonly Asked Questions

How do I pay?

We accept cash, check, credit card or EFT. After the 10th of the month tuition increase $10. A $40.00 fee is assessed for checks returned for any reason. For your convenience, Flips offers the service of automatic monthly payments (EFT).

Do you have lockers?

Yes. We have both types of locker, one with locks built into them, each time you open the locker a 50 cent deposit is required.. The key that you get can be given to your class coach to hold onto during the class. Class participants are not allowed to bring gym bags and other stuff into the gym itself. Flips Gymnastics & Sport is not responsible for misplaced items.

What if a class I want is full?

A wait list is available in the office for all full classes. You may enter your name on the list & sign up for another class until that one becomes available.

What should my child wear to class?

Girls Gymnasts & Tumblers - must have their full front covered, including the belly. Spaghetti straps and sports bras are not acceptable, these may break and expose the chest. Socks on the feet are a must, child will not be allowed to participate with out them leotards are preferred.

Boys - elastic shorts and t-shirt. Socks on the feet are a must, child will not be allowed to participate with out them.

How do I keep up to date?

In the hallway heading to the bathrooms, there are several bulletin boards that will have the current information on classes and teams.

A Few Rules of Guidance

- Please try to get your child(ren) to the gym 5 minutes before their class time. This will give them time to put their clothes away and get to the bench on time.

- Don't forget socks for your child. Bare feet are not allowed and are a breeding ground for germs. Girls should wear a leotard with or without spandex shorts. Boys should wear shorts (without belt or buckles) and T-shirt. Everyone can wear sweats or a warm up.

- Remind your child(ren) to hang their coats on the hooks or place them in a cubbie and that shoes and/or boots belong on the floor.

- Please pick your child(ren) up on time or call the gym if you are going to be late. Remind them to never go outside the gym until you are there.

- Cars are to park in the lined areas only. Parking your car for even a second by the front of the building could lead to an unfortunate accident for a child who cannot see if another car is coming.

- Please make sure your child(ren) takes all their belongings home at the end of class. If they do forget, you may be able to find what they left behind in our Lost & Found. Periodically we donate items in our Lost & Found to the Salvation Army. We highly recommend that you place your child(ren)'s name on their coats, boots and any other article they bring to the gym. Occasionally some one goes home with the wrong article of clothing and having a name may help to recover the lost article. **Flips also has lockers that can be used to lock up clothing etc.** ***Leave all valuables at home !***

- Please help keep our rest rooms clean. If you or your child drops something, please pick it up right away so no one slide or trips on it.

- No one is to wear dangling earrings or other dangerous piercings. Strong perfumes and hair sprays are not allowed as some of our coaches are highly allergic to them.

- **Parents are to stay in the lobby only. Flips asks all their customers to show respect for the facility we built for your child.** All children not taking class are to stay with you. Horse play will not be tolerated.

- **All entrance into the gym must be done through the locker rooms. Men are not allowed in the girls locker room.**

History of Flips Gymnastics & Sport

1971 Lockport Flips Gymnastic School established at LaSalle YMCA.

1972 Moved School to Lockport YWCA.
1 Set Uneven Bars, 3 Beams & 10 folding mats that had to be set up & torn down daily.

1974 Moved to Lockport Mall in a space 17 feet by 30 feet.
Had to run from hallway to vault or tumble.

1976 Moved to Hamilton House (now Erie Canal Discovery Center) to a 40' x 60' gym.

1980 Moved to Tennis Courts on Corinthia Street to an area 50' x 120'.

1983 Moved to Health Club on Elmwood Ave. to 50' x 80' area.

1985 Moved to Lockport Mall to space 40' x 55' Satellite School in Medina YMCA

1986 Moved to former Buns Masters (now Quest Diagnosis)

1988 Moved to 6017 S. Transit St.. Area was 60' x 100'.
Lockport Flips becomes Flips Gymnastics & Sport adds Dance, Cheerleading & Niagara Frontier Fitness to programs.

1993 Expanded gym to 60' x 150'. Added Tumble Trak, Tunnel Bars.

2001 Built new gym next to old one with area of 95 'x 150'
Added more Bars & Beams, bigger competition floor, deep foam pits, in ground trampoline, a 2nd Tumble Trak, Resi Pits & additional Men's equipment.

2002 Lockport Athletic & Fitness becomes Tenant of Flips

2005 Added 7,000 sq feet to existing gym. Added 42' x 50' Floor and another deep foam pit, resi pit & 2 trampolines.

2009 Flips win Nickelodeon "Best Indoor Play Space" Title for WNY

2018 Flips adds Ninja Training, welcomes Dynamic Training

2020 Flips welcome Buffalo Aerial Dance & WNY Tumbling to our building.

2021 Flips Celebrates 50 years of their family owned business!

2023 Flips welcome T.T.F.K.A. (Kung Fu) to the building

Flips Community Involvement

Flips is a positive business force in our community. Along with providing every child with a positive educational experience, which is reinforced with goal setting and positive reinforcement, we also support the following community groups:

Mercy Flight
American Red Cross
Pendleton Lions Club
Lockport Junior Service League
Starpoint Sports Boosters
Mothers Day Breast Cancer Walk in Lockport
Go for Blue 4 Blue Equine 4-H Club
WNED TV
Lockport Exchange Club
Children's Hospital of Buffalo
DeSales Catholic School Parents Association
Starpoint PTA
Muscular Dystrophy Association
South Lockport Fire Company
Clarence Center Elementary School
Boy Scouts of America
Variety Club of Buffalo
Stepping Stones, physical therapy
Jennifer's Journey to Seek a Cure, MDA
Kenan Center
Palace Theatre
Amherst Christian Academy
Salvation Army
Kids Peace

Dynamic Training

Would you send your child to school without a teacher?

Sounds like a silly question, but many people are going to gyms without instruction. The gyms have all the equipment you need to get in better shape, same as the school has all the rescources to teach your child. Without the proper knowledge and proper plans neither you or your child can learn to be a better person. Dynamic Training gives you the instruction that you need to be a healthier person.

DYNAMIC TRAINING SYSTEMS
TRAIN HARDER. TRAIN SMARTER.

716-803-2241

Fees & Discounts

Registration fee: $55.00 Annual Registration Fee. The fee for 2 or more children is $75.

Jr. Olympic fee: The $30.00 Jr. Olympic Fee covers our gymnastic celebrations, January and June. Each child receives a T-Shirt and commemorative medal after their performance. More information on the Jr. Olympics will be addressed in our monthly Newsletter the "Flip Notes". This is a noncompetitive event similar to a dance recital.

Tuition fees: These fees differ with the program your child(ren) is enrolled in. Family and multiple class rates are available. Rates for private and semi private lessons are also available at the front office. **All fees are non-refundable .**

Are there any other discounts?

Yes. All tuitions will receive a $5 discount, off the total, for cash payments.

Open Ninja Gym (Ages 6-17)
Saturday 5:00-7:00
$25.00

Additional Offerings at Flips

At our Facility

With the size of our gymnastics space (22,000 square feet), we are able to provide a number of activities for our members and the outside community.

Field Trips: A special time in our gym for any size group. A full hour and 15 minutes of gymnastics & games especially planned to create a fun and active time. Some of the groups who have already used our facility are: Boy & Girl scout Troops, Pre Schools & Day Cares. A friendly staff is always in attendance. More information can be obtained at the office.

Private & Semi Private Lessons: 1 hour sessions with our coaching staff. Scheduled at the coaches convience and only during time that the gym is open.

Publicity Policy:

Flips Gymnastics & Sport, LLC. submits articles, photographs & advertisements to newspapers & other print media. We may also make our athletes available to various broadcast media. The purpose for providing this information and access is to promote the individual gymnast and Flips, so as to provide the community with a better understanding of gymnastics and the role Flips plays in the community, to promote the sport of gymnastics and to promote Flips Gymnastics in particular. It is our policy that membership and participation in the class programs at Flips provides permission and approval for these submissions for all the athletes and families involved. **If you do not want your child in photographs or video, please contact the office in writing.**

Program Explanations

Flip Floppers/Play Time: This Adult/Child program, for 12 months to2 years, opens up the curiosity & imagination of your little ones. Specially sized equipment helps little hands grasp & hold on to learn hanging & swinging.

Little Flippers: These child only classes for 2-3 year olds begin with the basics, gymnastic pre skills & games. Emphasis is on developing coordination, strength & stretch through the introduction of the basic gymnastic positions. This is an independant class, time will be given for seperation anxiety.

Kinder Flips: Children in these 4-5 year old classes begin with the basic gymnastic positions & skills and progresses towards our Flips Gym Program. Learning how to socializing is a big part of this age group.

Introducing our Fun & Fitness Recreational Programs:

Flips Gymnastics & Sport uses **'Goal Setting'** and **'Positive Awards'** to aid in the tracking of your child(ren)'s progress. Our **'Fun & Fitness'** Review Cards will track your child(ren)'s strengths & weaknesses. Once a Review Card is completed, parents will meet with the coaching staff to discuss possible advancement

Flips Gym:

These classes are an introduction to a healthy life style through the skills learned as a beginning gymnast. Not only do the children learn the basics of this beautiful sport, they immediately gain in confidence & esteem. All this in a safe and friendly atmosphere which values individuals and their goals. Class length is 1 hr and 15 minutes. With the addition of 15 minutes to each class, skill learning and conditioning are increased.

Flips Tumbling/Acro:

Flips Tumbling, these classes are open to anyone who wishes to learn, practice or expand their tumbling skills. Cartwheels, round offs, front and back handsprings, back flips and more are taught using safe and progressive lead ups. For cheeleaders & Dancers.

Ninja Warrior Program:

Program like no other in WNY. We have a complete Ninja warrior area with warp wall, horizontal spider wall, horizontal salmon ladder, hanging chimes, latern, and rings, balance Ninja beams too. On top of that we have 3 inground trampolines for training.

Ninja & Parkour:

Ninja Course with Parkour training within the class. This class will have limited trampoline use

Ninja & Trampoline:

Ninja class with Trampoline training within the class. This class will teach back & front flips along with the Ninja Course.

Future Stars Program

Mini-Shots Programs

An advanced pre-school class with an increased time, and less distractions, child must be invited into this program

Pre-Olympic Programs

An advanced class of selected children with the raw abilities to advance quickly in the sport of gymnastics, child must be invited into this program

X-Cel Gym: These classes meet for 2 hours once or twice a week and include more advanced skills and short routines. Competition is an ***option.***

All Future Stars classes are by invitation or testing only please see the office.

USA Junior Olympic Competitive Teams

Gymnasts in Levels 2-10 & X-Cel compete following the USAG rules and regulations. Children on our teams can look forward to advanced competition.