



Spring Session 2018

Flip City Gymnastics' spring session will run Tuesday, January 30, 2018 until Friday June 29, 2018.

Flip City will be closed all statutory holidays.

*All athletes must be insured prior to participating in classes and drop-in.

Why Trampoline Gymnastics?

Our trampoline gymnastics programs follow Gymnastics Canada's Philosophy of fun, fitness, and fundamentals. Flip City Gymnastics uses the CanJump system of recording each individual's progress in trampoline. This covers both the fundamental gymnastics skills as well as the off-axis skills that cross over to skiing and snowboarding.

Registration Information

Register online at flipcitygym.com or contact our office by phone or email.

Phone: (604) 888-3366

Email:
flipcitygymnasticsclub@gmail.com

For detailed program information, visit our website at flipcitygym.com

Flip City Gymnastics Club
#4-20279 97th Avenue
Langley, BC, V1M 4B9

Flip City Gymnastics Spring Schedule

At Flip City, our goal is to provide athletes with a safe environment for learning, exploring, and reaching their potential in both sport and life.



Trampoline & Tumbling Programs 2018

Bronze Trampoline

With a growing number of acrobatic sports to choose from, trampoline lessons are a great way to develop spatial awareness. Bronze trampoline is an introductory trampoline class for ages 5 and up which focuses on the fundamentals of trampoline. Participants in this program will learn skills that include seat drops, front drops, and back drops. There are no mandatory pre-requisites for this program, however participation in one session of instructional gymnastics is strongly recommended.

5 years +	\$100.00/month
Tuesday	5:30-6:55 pm
Wednesday	3:45-5:10 pm



Silver Trampoline

Silver trampoline is an intermediate level trampoline class where the basics of flipping is introduced. Forward and backward flipping through safe progressions is taught to ensure athletes have control while airborne. In addition to flipping, this program builds on the foundational skills learned in Bronze, by developing combinations of skills. Athletes must be at least 8 years of age with beginner trampoline experience.

8 years +	\$100.00/month
Wednesday	5:15-6:40 pm



Trampoline & Tumbling

Our trampoline and tumbling program provides a unique opportunity for athletes to participate in a specialized program focused on developing trampoline and tumbling skills. This program allows athletes to have individualized input on their tumbling skills, while challenging them to progress through a level system with an emphasis on trampoline performance. Rapidly becoming one of our most exciting and popular programs, T&T maintains a focus on safety and technique to ensure maximum skill development.

8 years +	\$100.00/month
Monday	6:45-8:10 pm
Tuesday	6:45-8:10 pm
Wednesday	6:30-7:55 pm



Developmental Trampoline

Our advanced programs are by invitation or evaluation only. Please contact our office by phone or email for more information.

4 – 6 years	
Monday & Friday	3:30-5:00 pm
7 years +	
Monday	5:00-7:00 pm
Thursday	3:30-5:30 pm