

Gymnastics at Flips Gymnastics North Shore



Flips Gymnastics North Shore, 27825 Irma Lee Circle, Lake Forest, is a fully equipped gymnastics facility offering quality instruction for boys and girls (ages 6 months to 17 years). We have two inground trampolines, an inground tumble trak, three loose foam pits, a separate bar gym, and a large viewing room. It is our goal to encourage each child to learn at their own individual pace and have a blast while doing so!

MOMS AND MINIS

Classes designed to improve gross motor skills, as well as group participation. Each lesson begins with an obstacle course full of age appropriate challenges. We then practice our stretches in a fun way! This is followed by trampoline, 'Just For Kids' bars, balance beam, and pit play. This class is for participants 18months- 3 years of age. Parent participation is required. For more information, contact Joe Mobile, Program Manager, at 847-810-3941.

Loc: Flips Gymnastics North Shore, Gymnasium

Age: 18M - 3Y and caregiver

Fee: R: \$150 NR: \$180

Instr: Flips Gymnastics North Shore

Note: No class May 28

Code	Day	Time	Date
29020	Mon	11:00am-11:45am	Jan 23-Mar 19
29021	Tue	10:00am-10:45am	Jan 24-Mar 20
29022	Tue	11:00am-11:45am	Jan 24-Mar 20
29029	Wed	11:00am-11:45am	Jan 25-Mar 21
29023	Thu	10:00am-10:45am	Jan 26-Mar 22
29024	Thu	11:00am-11:45am	Jan 26-Mar 22
29031	Fri	11:00am-11:45am	Jan 27-Mar 23
29025	Sat	9:15am-10:00am	Jan 28-Mar 24
29026	Sat	10:15am-11:00am	Jan 28-Mar 24
29027	Sat	11:15am-12:00pm	Jan 28-Mar 24
29013	Mon	11:00am-11:45am	Apr 02-Jun 04
29014	Tue	10:00am-10:45am	Apr 03-Jun 05
29030	Tue	11:00am-11:45am	Apr 03-Jun 05
29015	Wed	11:00am-11:45am	Apr 04-Jun 06
29032	Thu	10:00am-10:45am	Apr 05-Jun 07
29016	Thu	11:00am-11:45am	Apr 05-Jun 07
29028	Fri	11:00am-11:45am	Apr 06-Jun 08
29017	Sat	9:15am-10:00am	Apr 07-Jun 09
29018	Sat	10:15am-11:00am	Apr 07-Jun 09
29019	Sat	11:15am-12:00pm	Apr 07-Jun 09

BABY GYM

Baby Gym- classes that nurture babies' development and coordination in a safe and fun-loving environment. Activities include crawling, bouncing, rolling, sliding, climbing and tunneling all done on our equipment designed just for babies! Music, color of the week, and a field trip to our 'big gym' are all part of the 10 week program. This class is for participants 6- 17 months of age and a caregiver. For more information, contact Joe Mobile, Program Manager, at 847-810-3941.

Loc: Flips Gymnastics North Shore, Gymnasium

Age: 6M - 17M and caregiver

Fee: R: \$150 NR: \$180

Instr: Flips Gymnastics North Shore

Note: No Class May 28

Code	Day	Time	Date
29039	Fri	10:00am-10:45am	Jan 27-Mar 23
29040	Sat	9:15am-10:00am	Jan 28-Mar 24
29041	Fri	10:00am-10:45am	Apr 06-Jun 08
29042	Sat	9:15am-10:00am	Apr 07-Jun 09

Directions to Flips Gymnastics North Shore

From Route 176:

South on Bradley Rd. to Polo Trail. Left on Polo Trail to the end and turn right. Building is on the right.
27825 Irma Lee Circle.

From Route 60:

Turn north into business park at Riverwoods Rd. stoplight. Go through park to Bradley Rd. and turn right. Continue to Polo Trail. Right on Polo Trail to the end and turn right again. Building is on the right.
27825 Irma Lee Circle.



PRESCHOOL GYMNASTICS

This class introduces the very beginning skills of gymnastics. Jumps, fun stretches, balance beam, 'Just for Kids' bars, donkey kicks, rolls, and swings all are a part of our preschool lesson plan. Preschoolers will improve their strength and coordination as they prepare for our beginner classes. Our structured classes are jam packed with fun gymnastics activities suited for this age group. This class is for participants 3-4 years of age. For more information,

contact Joe Mobile, Program Manager, at 847-810-3941.

Loc: Flips Gymnastics North Shore, Gymnasium

Age: 3Y - 4Y

Fee: R: \$150 NR: \$180

Instr: Flips Gymnastics North Shore

Note: No class May 28

Code	Day	Time	Date
29055	Mon	11:00am-11:45am	Jan 23-Mar 19
29056	Tue	10:00am-10:45am	Jan 24-Mar 20
29057	Tue	11:00am-11:45am	Jan 24-Mar 20
29058	Tue	4:00pm- 4:45pm	Jan 24-Mar 20
29059	Wed	11:00am-11:45am	Jan 25-Mar 21
29060	Wed	1:00pm- 1:45pm	Jan 25-Mar 21
29061	Thu	10:00am-10:45am	Jan 26-Mar 22
29062	Thu	11:00am-11:45am	Jan 26-Mar 22
29063	Thu	4:00pm- 4:45pm	Jan 26-Mar 22
29068	Fri	10:00am-10:45am	Jan 27-Mar 23
29064	Fri	11:00am-11:45am	Jan 27-Mar 23
29065	Sat	9:15am-10:00am	Jan 28-Mar 24
29066	Sat	10:15am-11:00am	Jan 28-Mar 24
29067	Sat	11:15am-12:00pm	Jan 28-Mar 24
29043	Mon	11:00am-11:45am	Apr 02-Jun 04
29069	Tue	10:00am-10:45am	Apr 03-Jun 05
29044	Tue	11:00am-11:45am	Apr 03-Jun 05
29045	Tue	4:00pm- 4:45pm	Apr 03-Jun 05
29046	Wed	11:00am-11:45am	Apr 04-Jun 06
29047	Wed	1:00pm- 1:45pm	Apr 04-Jun 06
29048	Thu	10:00am-10:45am	Apr 05-Jun 07
29049	Thu	11:00am-11:45am	Apr 05-Jun 07
29070	Thu	4:00pm- 4:45pm	Apr 05-Jun 07
29050	Fri	10:00am-10:45am	Apr 06-Jun 08
29051	Fri	11:00am-11:45am	Apr 06-Jun 08
29052	Sat	9:15am-10:00am	Apr 07-Jun 09
29053	Sat	10:15am-11:00am	Apr 07-Jun 09
29054	Sat	11:15am-12:00pm	Apr 07-Jun 09

TUMBLIN TWOS'

This class is structured the same way as our Parent/Tot class, however the child participates without the help of a parent or caregiver. Before registering for this class, please be sure your child will be able to independently participate. Parents must remain in the viewing room during class. For more information, contact Joe Mobile, Program Manager, at 847-810-3941.

Loc: Flips Gymnastics North Shore, Gymnasium

Age: 2Y and caregiver

Fee: R: \$150 NR: \$180

Instr: Flips Gymnastics North Shore

Note: No class May 28

Code	Day	Time	Date
29089	Mon	10:00am-10:45am	Jan 23-Mar 19
29090	Mon	10:00am-10:45am	Apr 02-Jun 04

KINDER GYM

This is a co-ed class for students who are too advanced for our preschool program, but not quite ready for our beginner program. This class will focus on basic gymnastics, in a fun way. This is a great energy release for Kindergarten students. For more information contact Joe Mobile, Program Manager, at 847-810-3941.

Loc: Flips Gymnastics North Shore, Gymnasium

Age: 54M - 6Y

Fee: R: \$150 NR: \$180

Instr: Flips Gymnastics North Shore

Note: No class May 28

Code	Day	Time	Date
29099	Mon	10:00am-10:45am	Jan 23-Mar 19
29100	Thu	1:00pm- 1:55pm	Jan 26-Mar 22
29101	Mon	10:00am-10:45am	Apr 02-Jun 04
29102	Thu	1:00pm- 1:55pm	Apr 05-Jun 07



PARENTS' NIGHT OUT

Games, obstacle course, pit block building, pizza, crafts and a movie! Children will be split into groups according to age. Bring a sleeping bag or blanket, along with a pillow for the movie! For more information, please contact Joe Mobile, Program Manager, at 847-810-3941.

Loc: Flips Gymnastics North Shore, Gymnasium

Age: 4Y - 12Y

Fee: R: \$45 NR: \$54

Instr: Flips Gymnastics North Shore

Note: First child is \$45, each additional sibling is \$25

Code	Day	Time	Date
29152	Sat	4:00pm- 9:00pm	Feb 11



FLIP FLOPS AND MORE

This class is strictly designed to help girls improve on their tumbling skills. This is open to all levels of girls. Coaches will guide each girl toward her goal using our floor, trampoline, tumble trak, wedge mats and barrels. This class is for participants 7-12 years of age. For more information, contact Joe Mobile, Program Manager, at 847-810-3941.

Loc: Flips Gymnastics North Shore, Gymnasium

Age: 7Y - 12Y

Fee: R: \$150 NR: \$180

Instr: Flips Gymnastics North Shore

Code	Day	Time	Date
29103	Thu	5:00pm- 5:55pm	Jan 26-Mar 22
29104	Thu	5:00pm- 5:55pm	Apr 05-Jun 07

CHEER/TUMBLE

This class is designed to help girls improve their jump and tumbling skills required for cheer teams. Our experienced instructors will help the girls work toward their goals while using our tumbling wedges and barrels, as well as our trampoline and tumble trak. This class is for participants 8 years and up. For more information, contact Joe Mobile, Program Manager, at 847-810-3941.

Loc: Flips Gymnastics North Shore, Gymnasium

Age: 8Y and up

Fee: R: \$150 NR: \$180

Instr: Flips Gymnastics North Shore

Note: No class May 28

Code	Day	Time	Date
29105	Mon	5:30pm- 6:25pm	Jan 23-Mar 19
29106	Wed	5:30pm- 6:25pm	Jan 25-Mar 21
29107	Wed	6:30pm- 7:25pm	Jan 25-Mar 21
29108	Mon	5:30pm- 6:25pm	Apr 02-Jun 04
29109	Wed	5:30pm- 6:25pm	Apr 04-Jun 06
29110	Wed	6:30pm- 7:25pm	Apr 04-Jun 06



BOYS' BEGINNER GYMNASTICS

Gymnastics is a great way for boys to channel their energy and learn new skills while doing so! Our boys classes are designed to improve strength and coordination through basic gymnastics. Lesson plans include instruction on all six men's events; Vault, High Bar, Parallel Bars, Rings, Pommel Horse, and Floor Exercise. This class is for boys 5 year and up. Boys should dress in t-shirts and shorts or athletic pants. No jeans please. For more information, contact Joe Mobile, Program Manager, at 847-810-3941.

Loc: Flips Gymnastics North Shore, Gymnasium

Age: 5Y and up

Fee: R: \$150 NR: \$180

Instr: Flips Gymnastics North Shore

Note: No class May 28

Code	Day	Time	Date
29117	Mon	1:00pm- 1:55pm	Jan 23-Mar 19
29118	Mon	4:30pm- 5:25pm	Jan 23-Mar 19
29119	Tue	4:00pm- 4:55pm	Jan 24-Mar 20
29120	Wed	4:00pm- 4:55pm	Jan 25-Mar 21
29121	Sat	9:15am-10:10am	Jan 28-Mar 24
29122	Sat	11:15am-12:10pm	Jan 28-Mar 24
29114	Mon	1:00pm- 1:55pm	Apr 02-Jun 04
29115	Mon	4:30pm- 5:25pm	Apr 02-Jun 04
29116	Tue	4:00pm- 4:55pm	Apr 03-Jun 05
29123	Wed	4:00pm- 4:55pm	Apr 04-Jun 06
29112	Sat	9:15am-10:10am	Apr 07-Jun 09
29113	Sat	11:15am-12:10pm	Apr 07-Jun 09

GIRLS' BEGINNER GYMNASTICS

Our specialized lesson plans allow gymnasts to learn basic skills on vault, uneven bars, balance beam and floor exercise. Each week includes a floor rotation allowing a lot of practice on cartwheels, handstands, and rolls. Please remember to dress your gymnast in a leotard or biketard. This class is for girls 5 years and up. For more information, contact Joe Mobile, Program Manager, at 847-810-3941.

Loc: Flips Gymnastics North Shore, Gymnasium

Age: 5Y and up

Fee: R: \$150 NR: \$180

Instr: Flips Gymnastics North Shore

Note: No class May 28

Code	Day	Time	Date
29132	Mon	4:30pm- 5:25pm	Jan 23-Mar 19
29133	Tue	1:00pm- 1:55pm	Jan 24-Mar 20
29134	Tue	4:00pm- 4:55pm	Jan 24-Mar 20
29135	Wed	4:00pm- 4:55pm	Jan 25-Mar 21
29136	Thu	4:00pm- 4:55pm	Jan 26-Mar 22
29137	Sat	9:15am-10:10am	Jan 28-Mar 24
29138	Sat	10:15am-11:10am	Jan 28-Mar 24
29139	Sat	11:15am-12:10pm	Jan 28-Mar 24
29140	Mon	4:30pm- 5:25pm	Apr 02-Jun 11
29141	Tue	1:00pm- 1:55pm	Apr 03-Jun 05
29142	Tue	4:00pm- 4:55pm	Apr 03-Jun 05
29143	Wed	4:00pm- 4:55pm	Apr 04-Jun 06
29144	Thu	4:00pm- 4:55pm	Apr 05-Jun 07
29145	Sat	9:15am-10:10am	Apr 07-Jun 09
29146	Sat	10:15am-11:10am	Apr 07-Jun 09
29147	Sat	11:15am-12:10pm	Apr 07-Jun 09

BOYS' TUMBLE/TRAMP

This class is boys only! Boys will learn cartwheels, roundoffs, hand-springs and saltos using our floor, tumble trak, trampoline as well as barrels and wedges. This class is for participants 6 years and up. For more information, contact Joe Mobile, Program Manager, at 847-810-3941.

Loc: Flips Gymnastics North Shore, Gymnasium

Age: 6Y and up

Fee: R: \$150 NR: \$180

Instr: Flips Gymnastics North Shore

Note: No class May 28

Code	Day	Time	Date
29148	Mon	5:30pm- 6:25pm	Jan 23-Mar 19
29149	Mon	5:30pm- 6:25pm	Apr 02-Jun 04



JUMP/TUMBLE

This class is designed for Jr. High and High School girls who would like to learn some new skills or refresh their old ones. This class is great for poms, cheer, or just for the fun of learning jumps and tumbling. This class is for participants 12 years and up. For more information, contact Joe Mobile, Program Manager, at 847-810-3941.

Loc: Flips Gymnastics North Shore, Gymnasium

Age: 12Y and up

Fee: R: \$150 NR: \$180

Instr: Flips Gymnastics North Shore

Note: No class May 28

Code	Day	Time	Date
29150	Thu	6:00pm- 6:55pm	Jan 26-Mar 22
29151	Thu	6:00pm- 6:55pm	Apr 05-Jun 07

FLIPTASTIC CAMPS!

Gymnastics, games, obstacle course, trampoline, tumble trak, pit play, craft, snack and more! For more information, contact Joe Mobile, Program Manager, at 847-810-3941.

Loc: Flips Gymnastics North Shore, Gymnasium

Age: 4Y - 12Y

Fee: R: \$40 NR: \$48

Instr: Flips Gymnastics North Shore

Code	Day	Time	Date
29153	Thu	12:30pm- 4:30pm	Mar 29
29154	Fri	12:30pm- 4:30pm	Mar 30
29155	Sat	12:30pm- 4:30pm	Mar 31

**SPRING
BREAK!**