

Term Class Descriptions

Preschool to 6 Years

CLASS TYPE	DESCRIPTION	RECOMMENDED AGES
SOFT PARKOUR	<p>At Flips & Tumbles, we offer a range of classes designed to help children of all ages and skill levels develop their physical abilities in a fun and engaging way. Our Starting Out class is a great foundational program for little ones, preparing them for more advanced classes in the future. With a focus on jumping, landing, balance, agility, and coordination, this class provides children with the tools they need to succeed in gymnastics and beyond. Join us today and see what it's like to be part of the Flips & Tumbles family!</p>	3 - 5.5 years
TINY TUMBLERS	<p>Our Tiny Tumblers class is perfect for children aged 4 - 6 years who are eager to develop their gymnastics skills in a fun and supportive setting.</p> <p>In this 60-minute class, young tumblers will learn the basics of rolling, flipping and balancing, building strength, flexibility, and coordination.</p> <p>With a focus on play-based learning, Tiny Tumblers gain confidence while mastering essential skills that lay the foundation for future gymnastics success.</p>	4 - 6 years
TINY JUMPERS	<p>Our Tiny Jumpers class is designed for children aged 4 - 6 years who are ready to explore the exciting world of trampolining!</p> <p>In this 60-minute class, young jumpers will learn basic trampoline skills like bounce control, posture and simple tricks, all while having a blast in a safe and fun environment.</p> <p>Through playful activities and engaging challenges, Tiny Jumpers build strength, coordination, and confidence as they take their first leaps into the world of trampoline fun.</p> <p>Participants will learn the basic skills and combinations up to front flips.</p>	4 - 6 years
TINY NINJAS	<p>Our Tiny Ninja class is the perfect bridge between our Soft Parkour preschool class and our standard 60-minute Parkour sessions.</p> <p>Designed for children ready to take their skills to the next level, this fun, energetic class focusses on building agility, balance, and coordination while introducing basic parkour movements in a safe and supportive environment.</p> <p>With a mix of exciting challenges and creative play, Tiny Ninjas develop confidence, strength and the skills they need to thrive in our parkour program.</p>	4 - 6 years

Tumbling Classes (4.5 – 16.5 years)

CLASS TYPE	DESCRIPTION	RECOMMENDED AGES
RECREATIONAL TUMBLING	<p>A perfect class to learn the basics in Tumbling!</p> <p>Children will be taken through the basics and will progress at their own pace toward the more advanced skills.</p> <p>Children will grow, not only in skills but in confidence, balance, agility and more!</p>	4.5 - 12.5 years
EXTENSION TUMBLING	<p>This class works on mastering flips, walkovers, roundoffs, aerals, tumbling connections and more as well as covering the basics and an additional conditioning component to strengthen the muscles needed for these more advanced skills.</p> <p>A 1.5-hour class for those who are wanting to further their tumbling/acro skills.</p>	6.5 - 16.5 years
TEEN TUMBLING	<p>Does your teenager love to flip, tumble, cartwheel, and more? Or do they want to learn how? We have the right class for them!</p> <p>This class is designed specifically for teenagers from first timers to advanced we can teach them all. Come hang out and learn some skills with the best instructors!</p> <p>Each child will be worked to their level of ability, they will be taught how to use the gear safely, how to crash safely and so much more so they can be safe out and about or at their own home!</p>	11.5 - 16.5 years

Trampoline Classes (4.5 – 16.5 years)

CLASS TYPE	DESCRIPTION	RECOMMENDED AGES
STANDARD TRAMPOLINE	<p>Does your child love to jump and flip, but you watch them and go I wish you knew how to be safe while doing that? Then register your child to join us this term for Trampolining!</p> <p>Learning the basic moves and foundational skills before progressing through to the more advanced skills such as flips, twists and more!</p> <p>Each child will be worked to their level of ability, they will be taught how to use the trampoline safely, how to crash safely and so much more so they can be tramp safe on their own one at home!</p>	4.5 - 12.5 years
EXTENSION TRAMPOLINE	<p>If you already have a basic understanding of trampoline skills and can perform a front flip and a backflip and land it safely, then it is time to take your skills to the next level!</p> <p>Join our Extension class to start expanding your skill-set even further on the trampoline!</p> <p>Each child will be worked to their level of ability, they will be taught how to use the gear safely, how to crash safely and so much more so they can be safe out and about or at their own home!</p>	6.5 - 16.5 years

Parkour Classes (4.5 – 16.5 years)

CLASS TYPE	DESCRIPTION	RECOMMENDED AGES
STANDARD PARKOUR	<p>Does your child love to run, climb, jump and explore?!</p> <p>Then this is the perfect class for them!</p> <p>They will be taught specific movements to move over obstacles and objects as quickly as possible!</p> <p>These classes will also teach a bit of flip work and other moves that are incorporated into the sport of Parkour.</p> <p>They will become a ninja in no time!</p>	4.5 - 12.5 years
ADVANCED PARKOUR	<p>If you already have a great understanding of the basic parkour skills and can perform some of the flip work incorporated into parkour, then it is time to take your skills to the next level!</p> <p>Join our Advanced class to start expanding your skill-set even further in parkour!</p>	6.5 - 16.5 years
TEEN PARKOUR	<p>Do you have a teen who would love to learn specific parkour moves to run, climb and jump?!</p> <p>Then this is the perfect class for them!</p> <p>This class is designed specifically to the teenage group, where they will be taught specific movements to move over obstacles and objects as quickly as possible!</p> <p>These classes will also teach a bit of flip work and other moves that are incorporated into the sport of Parkour.</p>	11.5 - 16.5 years