

# FUTURE FLIPPERS

This is a 30 week class, designed for our little athletes who want to train at a higher level from a younger age. Athletes in this class will still have a lot of fun, but more emphasis will be placed on training skills to prepare them for higher level gymnastics. Class will run for 1.5 hours, one time a week. Girls and boys are separated in different classes so that emphasis can be placed on training women's and men's gymnastics events.

