

Spirit Central (Auburn, MA)

FLIP CLUB



Winter Tumbling Classes

Monday

4:15PM-5:00PM: Flyer Class
4:15PM-5:15PM: Level 2/3
4:30PM-5:15PM: Intro to Cheer
5:15PM-6:15PM: Level 1 (Beginner)
6:15PM-7:15PM: Open Gym
7:15PM-8:00PM: Flyer Class

Tuesday

3:30PM-4:15PM: Flyer Class
5:15PM-6:00PM: Tot Tumbling
6:00PM-6:45PM: Intro to Cheer
6:30PM-7:30PM: Level 4/5
7:00PM-8:00PM: Level 1 (Beginner)

Wednesday

4:30PM-5:15PM: Flyer Class
5:45PM-6:30PM: Jump Class
6:30PM-7:30PM: Level 1 (Beginner)
7:00PM-8:00PM: Level 2/3

Thursday

4:30PM-5:15PM: Flyer Class
5:00PM-6:00PM: Level 1/2
5:15PM-6:15PM: Level 4/5
6:00PM-6:45PM: Intro to Cheer
6:00PM-6:45PM: Back Handspring Class
7:00PM-8:00PM: Open Gym

What is FLIP CLUB?

Flip Club is a new twist on tumbling classes at SC! Be part of a unique club where we focus on gaining skills, earning rewards and improving fitness in a family atmosphere. New *Flip Club* classes will focus on fun, growth, learning new skills and progressing to the next level. Cheerleaders and non-cheerleaders are encouraged to attend. If you want to learn to *FLIP*, Spirit Central is the place for you!

What Level should I be in?

Level 1 (Beginner)- I am working on forward and backward rolls, handstands, cartwheels and round-offs.

Level 1/2- I have cartwheels & round-offs, and I am working on front and back walkovers and back handsprings.

Level 2- I have a standing back handspring and I am working on round-off back handsprings or ROHS Tucks.

Level 3- I have standing multiple handsprings and round-off handspring back tucks and I am working on layouts.

Level 4- I have standing tucks, standing handspring tucks, and round-off handspring layouts and I'm working on Fulls.

Level 5- I have a full and I am working on standing handsprings to fulls, and round-off handspring doubles.