



FLIPS & TUMBLES

School Programme

-a Comprehensive Lifestyle Exercise Programme-

Flips & Tumbles was created to prevent injuries in a gymnastics environment.

Our programme consists of tumbling gymnastics, parkour and mini trampolines, we wanted to create an awareness around these movement practices as lack of knowledge and ability in attempting skills beyond their level results in injury.

So, Flips & Tumbles begun with the aim to teach children how to crash and fall safely; minimising the risk of extreme injury.

With the use of Air Tracks, we provide a soft, bouncy learning surface along with the aid of our smaller gear; air blocks, air barrels, wedges and more - this allows each child to learn



Benefits

Physical;

Increase flexibility, balance, agility, strength and endurance.
How to fall safely before attempting the more advanced skills.
Develop co-ordination and motor skills.
It is a foundation for all other sports.

Cognitive;

Tumbling gymnastics requires awareness of their body and of space and where the body is in space, children will learn how to listen to all instructions allowing them to explore and make decisions on cognitive demand.

Psychological;

Learning how to focus on a task and achieve from it, achieving goals.
Children will learn discipline and self-control along with mastery of all skill movements.

Social;

Interacting with others creating enjoyment and new friendships as well as working with each other learning to share and take turns.



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We provide a fun and safe environment for all children to engage learning in, with warm, encouraging coaches each child will feel excited and rewarded when they attend our programmes.

We run these programmes in your school hall or gym!

-We can also run these programmes in our gym if this is preferable, we have



Our programmes vary depending on how many sessions are booked and the length of each session, we work with you to accomodate to your class timetables. We can be flexible with the days and times and can take up to 100 children per session (depending on space size).

SESSION TYPES		COST prices range depending on numbers and location
ONE OFF SESSION 45min to 60min		Prices range from \$6.50 - \$9.00 per person, per hour
4-WEEK PROGRAMME 45min to 60min		Prices range from \$5.00 - \$7.00 per person, per hour
6-WEEK PROGRAMME 45min to 60min		Prices range from \$5.00 - \$7.00 per person, per hour

Contact Us to Book

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